




GH-505



User Manual

Version 0.1



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Thank you for purchasing GS-Sport GH-505. We sincerely hope you to enjoy using this high technology GPS device. For fully understand the functions and features of GH-505, please read the user manual before you get started.

1. Introduction and Features

1.1 Introduction

GS-Sport GH-505 is a stylish, fully-sealed, 50 meter resistance, wrist type GPS device . GH-505 is a multi-use GPS sports training watch that can be used in most any outdoor application likes running, swimming, triathlon ..., to monitor, track and analyze your exercise and training routines or simply to log traveled routes, information is displayed using the included Training Gym program, or exported into popular formats such as GPX, CVS, TXT or KML for use with other popular web-sites, and software. Training tools such as alarms for distance, lap times, speed, heart rate, calorie burn calculations, heart rate monitor and bread crumb trails for easy back-track to origin points, makes the GH-505 a must have.

1.2 Features

- The main features of GH-505:
- Slim type compact and watch design
- Built-in SiRF Star III LPx high performance GPS chipset.
- Qualcomm reflective and high display resolution embedded, which performs distinct display at outdoor without backlight
- Trainer mode : assistant trainers to improve performance
- Support both analog and digital watch mode and clock alarm function and can be used as real watch over 1 week.
- Built in rechargeable Li-ion poly battery
- Over 9 hours in operation
- Support virtual trainer and muti-sport.
- Embedded ANT 2.4GHz protocol which supports heart rate and bike' cadence sensor

2. Specifications

Electrical and Mechanical Parameters General		
Item	GH-505	
Number of Trackpoints	60,000	
LAP	6,000	
Number of Waypoints	100	
Display Size	25.09 x 18.82 (H x W in mm.)	
Display type	mono LCD	
Pixels (H x W)	128x96	
Unit Weight	83 g	
Water resistance Standard	50m	
Unit Size	45.8 x 63.4x 17 (L x D (Φ) x H in mm.)	
Backlight Display	Single level	
Operating temperature	-10℃ – 60 ℃	
Humidity	5% to 95% Non-condensing	
Voltage	3.7V for a rechargeable battery, 5V for charging input;	
Charging connector	DC 5V	
Battery	Rechargeable 430 mAh Li-Polymer	
Power Consumption	GPS off, Backlight off	15 mA
	GPS on (no fixed); Backlight off	≤48 mA
	GPS on (3D fixed); Backlight on	≤52 mA
	Watch Mode	≤2.4 mA
Battery life	GPS on (no fixed); Backlight off	≥9 hours
	GPS on (3D fixed); Backlight on	≥8 hours
	Watch Mode	Over 7 days
Connect to PC Interface	USB Clip	
Charger	Mini USB 370 mA, 2.5 hours completed	
GPS Parameters General		
GPS Chipse	SiRF Star III LPx	
Frequency	L1, 1575.42 MHz	
C/A code	1.023 MHz chip rate	
Channels	20 channel all-in-view tracking	
Antenna Type	Built-in Pifa antenna	
Position	10 meters, 2D RMS	
	5 meters, 2D RMS, WAAS enabled	

Velocity	0.1 m/s
Time	1 us synchronized to GPS time
Default datum	WGS-84
Reacquisition	0.1 sec., average
Hot start	1 sec., average
Warm start	38 sec., average
Cold start	42 sec., average
Altitude	18,000 meters (60,000 feet) max.
Velocity	515 meters/ second (1000 knots) max.
Acceleration	Less than 4g
Jerk	20 m/sec ³

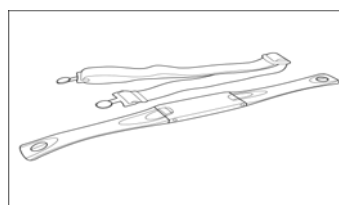
3. Hardware overview

3.1 Package contents

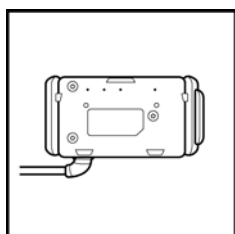
Check the contents of your GH-505 package. If you find any accessories are missing or appear damaged, please contact your dealer immediately.



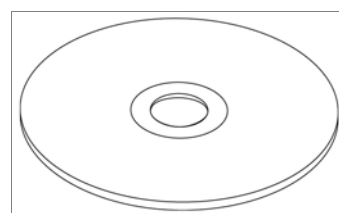
GH-505 Watch



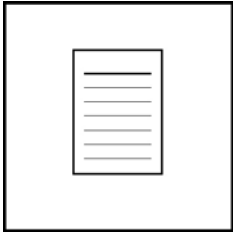
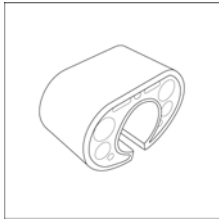
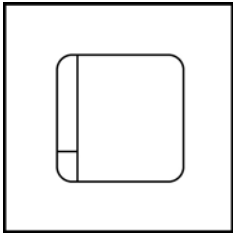
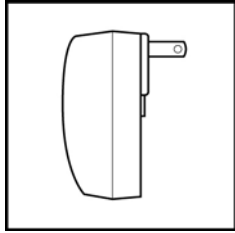
Heart Rate Monitor (only for GH-505)



USB Clip



CD-ROM

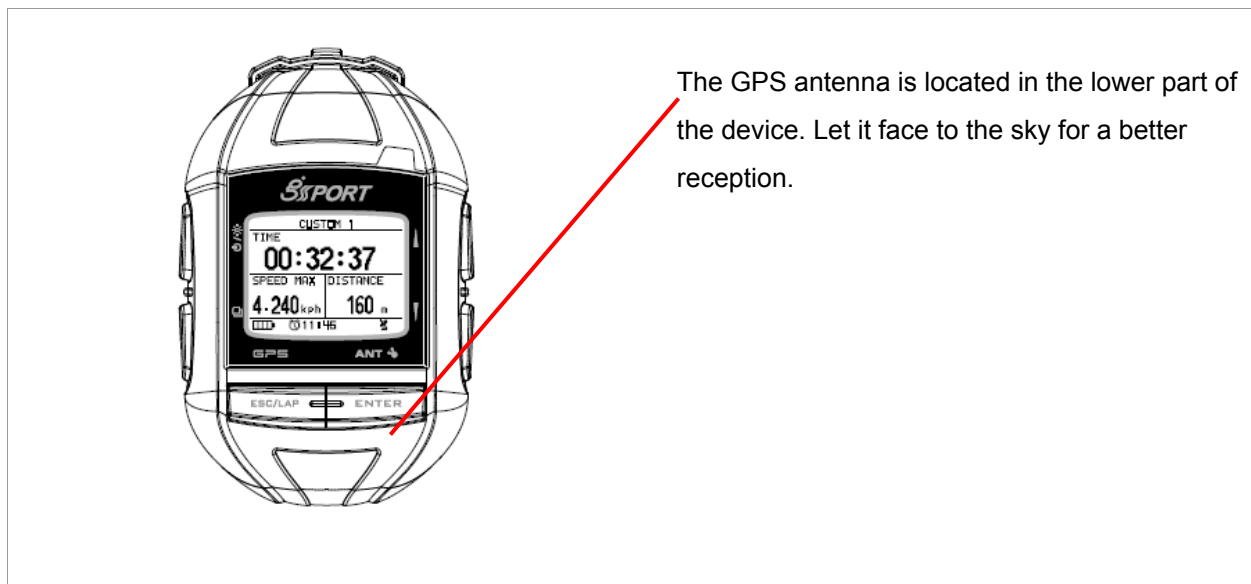
	
Quick Guide	Bike Holder (optional)
	
Battery charger (optional)	AC adapter (optional)

3.2 Button Introduction



Button	Description
ESC/LAP	In Menu mode, press ESC button to escape from the current page and go back to the previous page. Press ESC button to split a lap when timer is running.
Power	Press 2 seconds to turn on/off GH-505. When GH-505 is on, quickly press this button will turn on/off the backlight. Press and hold this button for 14 seconds to do hardware reset if the system is halted.
PG (Page)	Switch between the screens of "Menu mode", "Location mode", "Speedometer mode" and "Map mode".
Up / Down	To move upward/downward for highlighting an item. In Speedometer mode, press to switch between two views. In Map mode, press to zoom in or zoom out.
OK / Enter	Press to enter the highlighted item. Press to confirm data entry or feature selection in Menu mode. In Speedometer mode, press to start/stop the timer.

3.3 Antenna Introduction



3.4 Battery Charger Description

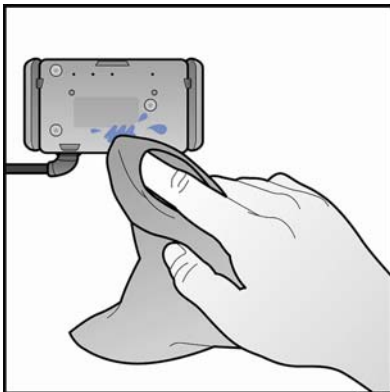
GH-505 operates by a built-in Li-ion rechargeable battery. A battery icon shown on the left bottom corner of screen indicates the remaining battery power.



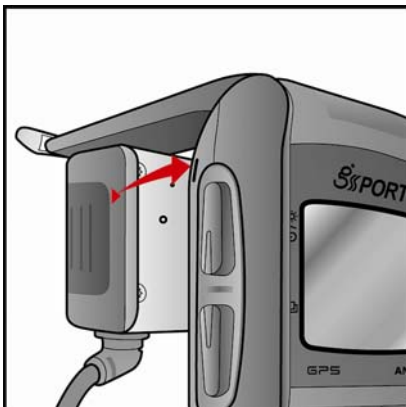
To charge the battery:

1. Connect one end of USB clip with your GH-505 and the other end with the AC adapter or USB port on PC.
2. It may need about 2.5 hours to fully charge the battery.

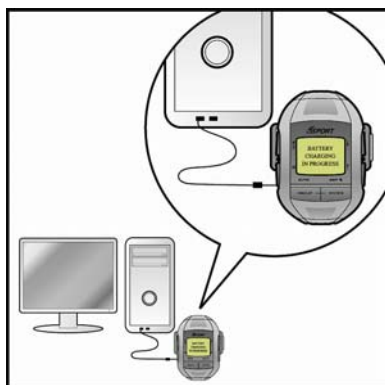
3.4 Notice



- Please dry the clip before connection of charging or data transfer.



- Before connecting to device, please be aware of the direction



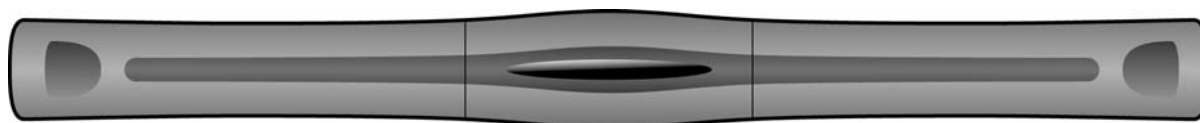
- Before first time using watch, please fully charging the device.



- Before start training, please let antenna face to sky to get 3D fix

3.5 How To Use Heart Rate Monitor

Wear the Heart Rate Monitor (only for GH-505)



Outer side

Heart rate sensor

Transmitter

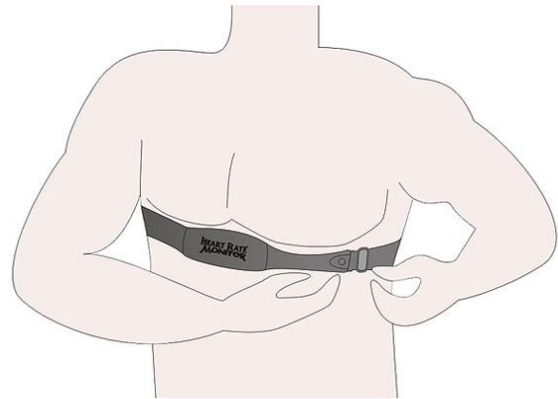
Heart rate sensor



Inner side.

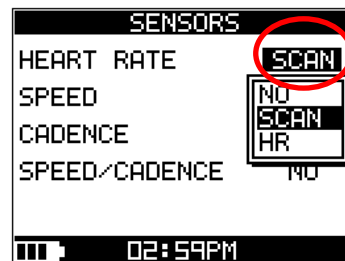
Cling this side to your skin. You can wet the sensor to obtain a better reception of your pulse.

1. Put one end of the strap through the slot of the heart rate monitor first.
2. Wrap the heart rate monitor and strap around your chest. Adjust the heart rate monitor to be at the center of your chest.
3. Adjust the strap to fit your chest and make it tight enough to prevent dropping while you are jogging.
4. Put another end of the strap through the slot of the heart rate monitor to finish the wearing.



5. Remember to select "scan" to pairing heart rate monitor with your GH-505.

[MAIN MENU] > [CONFIGURATION] >
[ACCESSORIES] > [SENSORS] > [HEART RATE
MONITOR] > HR.



3.6 Symbol Explanation



Icon picture	Description	Indication
	Battery capacity indication	The remaining battery power
	timer icon	When you stop the timer, the icon will be flashing. If it is auto paused, you will see the icon flashing
	Clock alert	This icon will show up when you set the alarm clock for WEEKEND, WEEKDAY, DAILY...or OFF
	Heart rate monitor indication	This icon will show up when device scanning the heart rate monitor
	Cadence sensor	This icon will show up when device scanning the cadence / speed sensor
	satellite icon	GPS status indicator <ul style="list-style-type: none"> ● Flash: No signal ● Solid: 3D fix

4. Getting Started

4.1 Starting Up Your GH-505

Press the Power button for 2 seconds to turn on the device. You will see the welcome screen displayed. Allow the GH-505 a short time to track satellites for the first time you use it. Take your GH-505 to the outdoor open space with a clear view to the sky and it will be easy to acquire satellite signal with a few seconds. If the device can't get 3D fixed, you can still press PG button to exit the Locating screen.



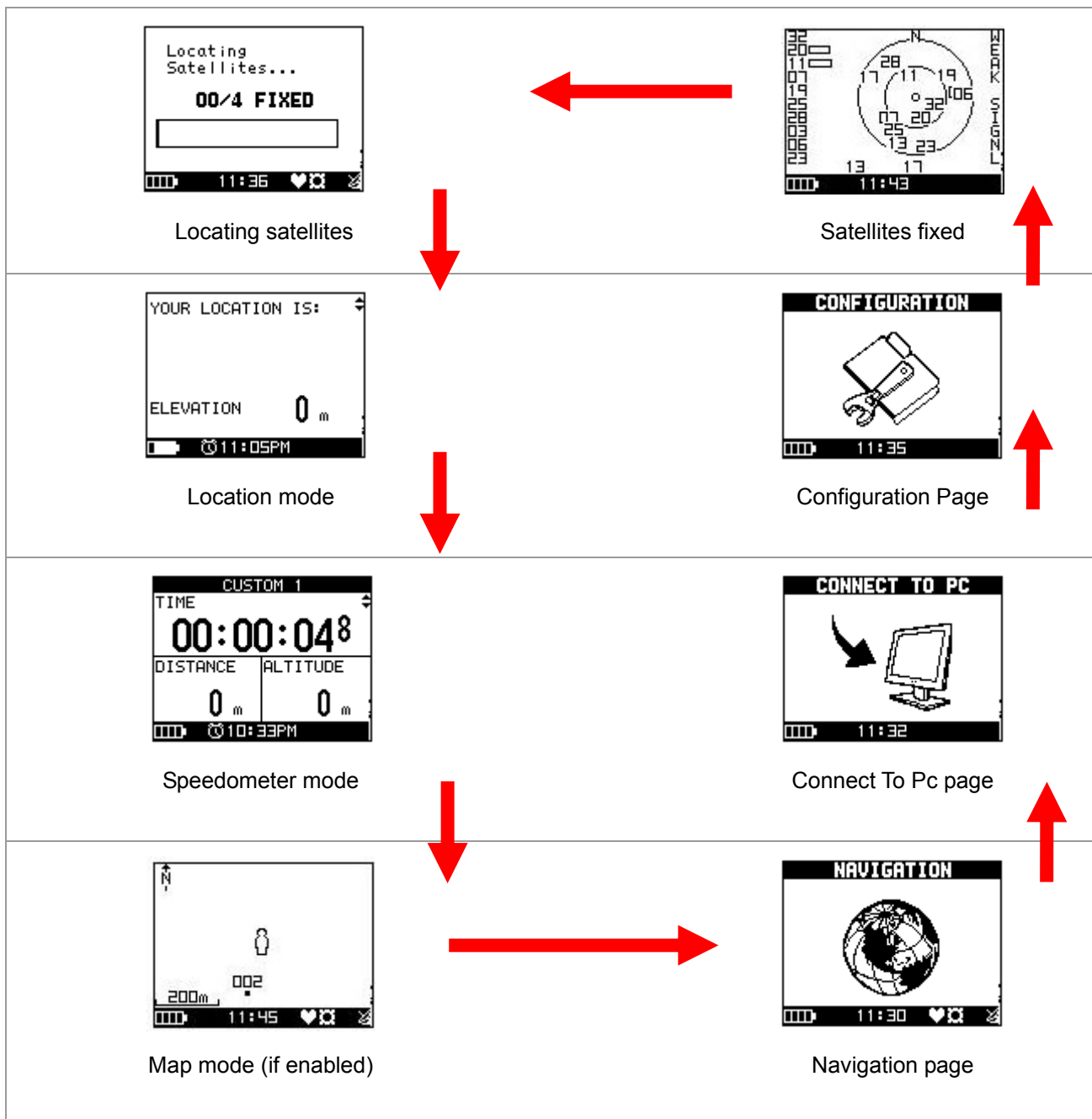
To turn off your GH-505, press the Power button for 2 seconds.

If the system frozen, press power button for 10 seconds to do hardware reset.



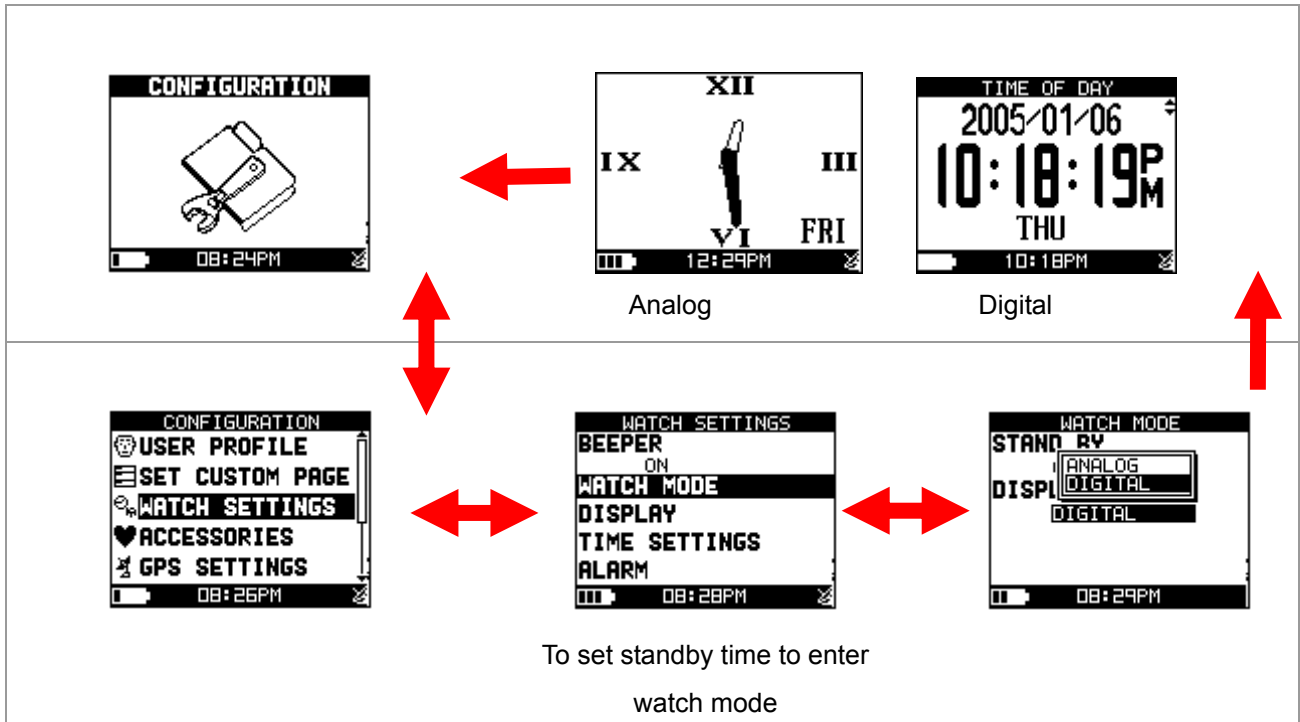
4.2 Change the PAGE

Press PG button to switch between different modes



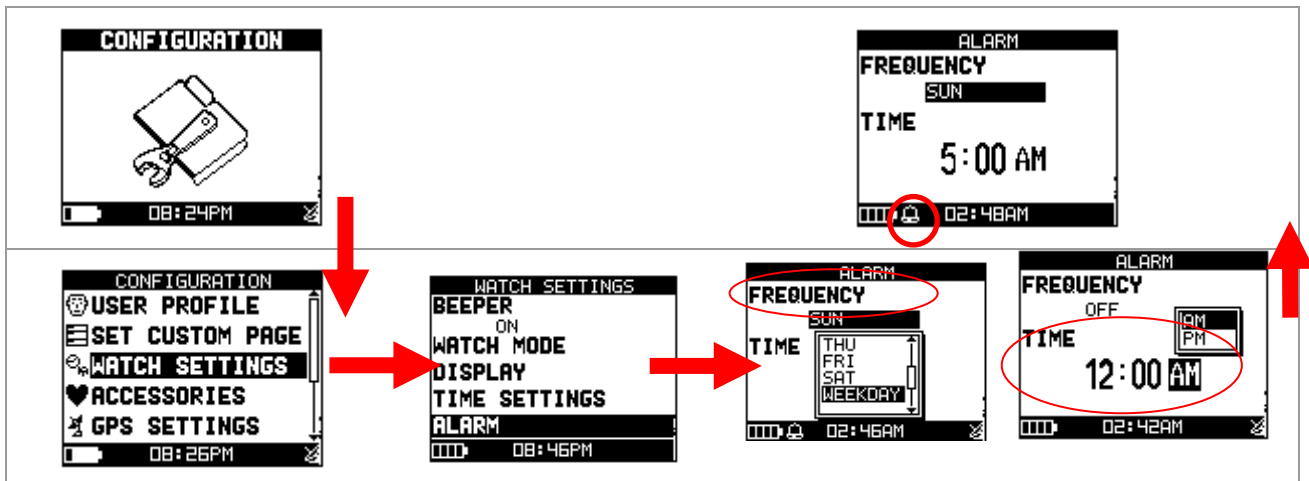
4.3 Execute Watch Mode

To save more power and use like a real watch; you may set standby time to enter watch mode manually or press Hot Key "PAGE"+"DOWN" 2 seconds to enter/ exit watch mode.



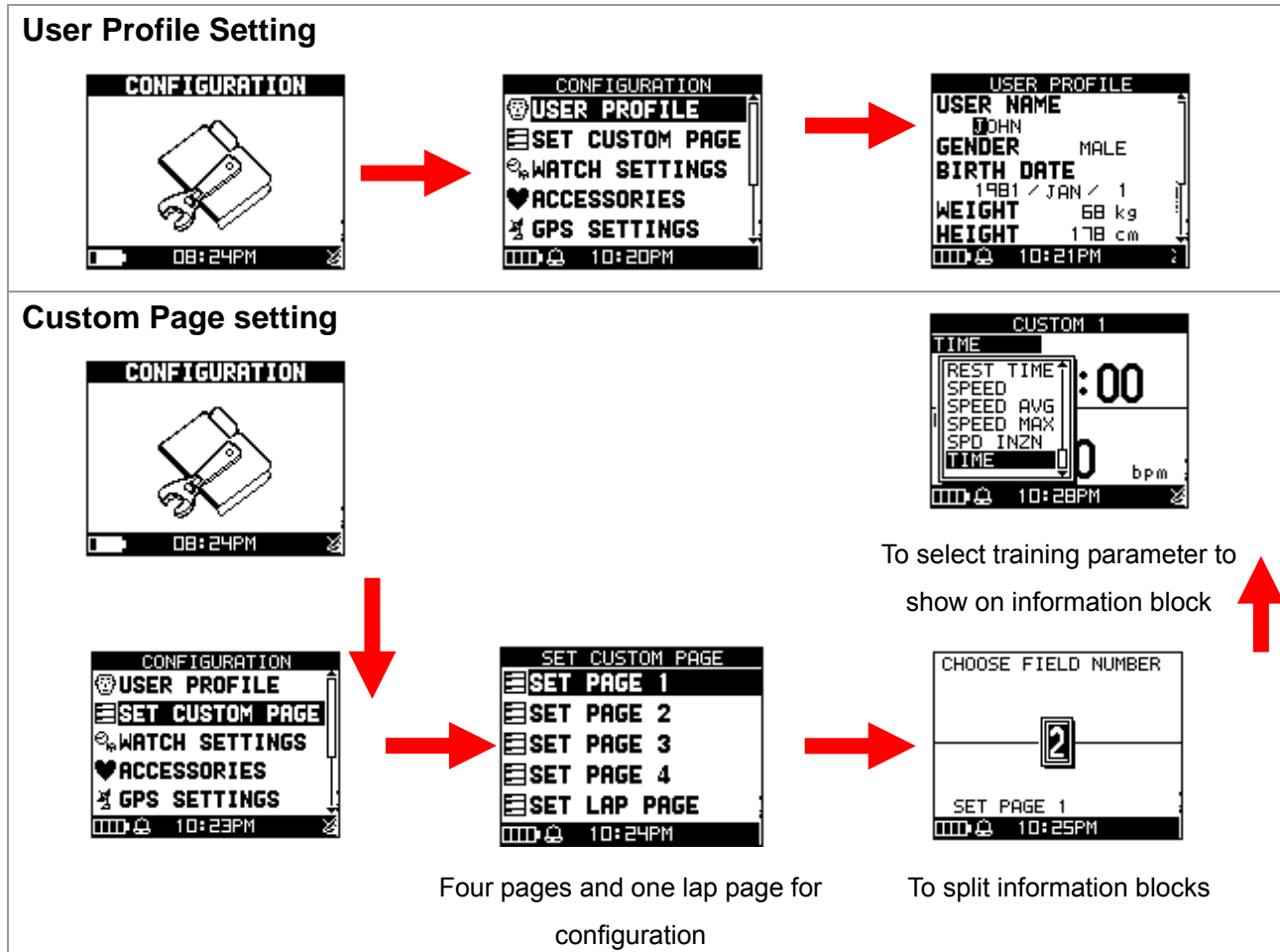
4.4 Execute Clock Alarm of Watch Mode

To remind you the time; you may set the clock alarm by following procedure. They both work on watch mode and normal mode.



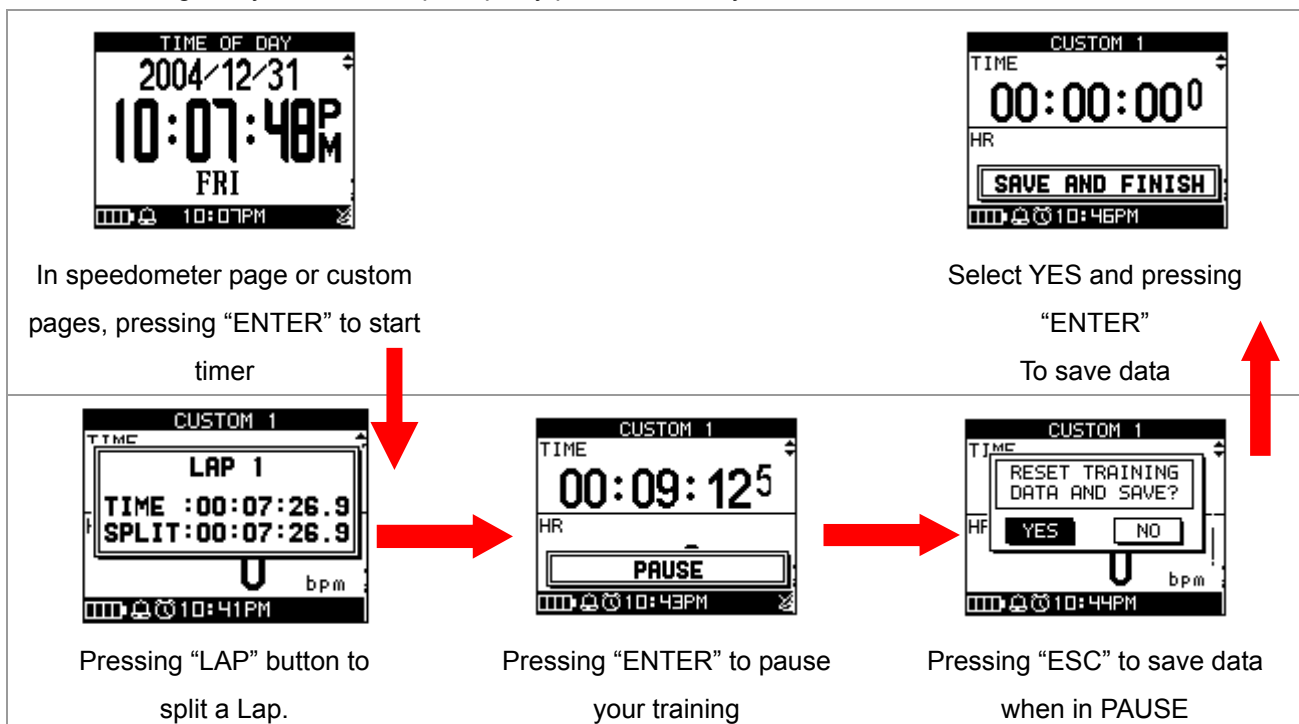
4.5 Configure your profile and custom page

To get good accuracy and performance for training, you may configure your profile and custom page



4.6 Getting Start a Training and Saving


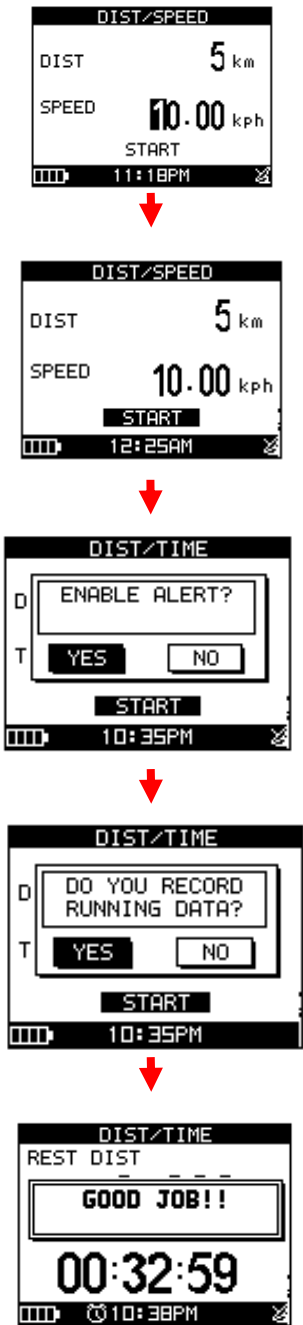
To start training and you also can split laps by press "LAP" key

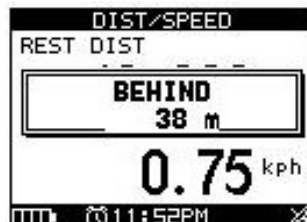
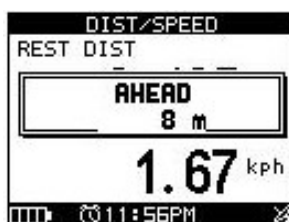
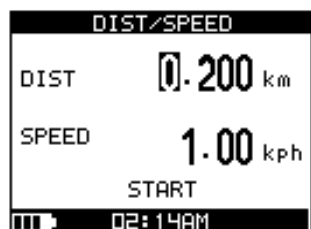


4.7 To Use Virtual Trainer to Improve performance

In order to improve and enhance your training performance. GH-505 provides virtual trainer to pretend your coach to improve your performance through mutual training and reaction.

[MAIN MENU] > [GYM] > [TRAINER]

	<p>There are three types to set your training partner.</p>
<p>[DIST /TIME]</p> 	<p>Set distance for 3 km and time for 15 minutes which means the virtual trainer will finish 3km within 15 minutes to compete with you.</p> <ol style="list-style-type: none"> 1. You could change DIST / TIME to set up your goal. 2. Finished setting, press "Up or Down button" to select "Start" and then press "Enter button" to start. 3. ENABLE ALERT ? you can select YES or NO to give you a alert. 4. DO YOU RECORD RUNNING DATE ? If select YES the chronograph will start to record your training. 5. When you reach your goal or have superior or poor performance to trainer, it will show good job / do harder next time

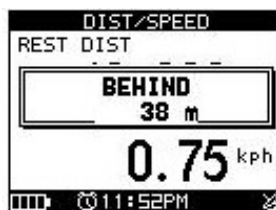
[DIST /SPEED]

Set distance for 5 km and speed for 10 km/hr which means you have to keep your speed over 10km/hr to finish the distance.

1. You could change DIST / SPEED to set up your goal.
2. Finished setting, press "Up or Down button" to select "Start" and then press "Enter button" to start.
3. ENABLE ALERT ? you can select YES or NO to give you a alert.
4. DO YOU RECORD RUNNING DATE ? If select YES the chronograph will start to record your training.
5. When you reach your goal or have superior or poor performance to trainer, it will show ahead or behind distance to you.

[SPEED /TIME]

Set speed 10km/hr and time 01:00:00 means you have to keep 10km/hr to training till 1 hour.

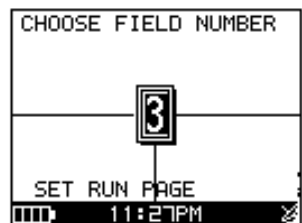


1. You could change SPEED / TIME to set up your goal.
2. Finished setting, press "Up or Down button" to select "Start" and then press "Enter button" to start.
3. ENABLE ALERT ? you can select YES or NO to give you a alert.
4. DO YOU RECORD RUNNING DATE ? If select YES the chronograph will start to record your training.
5. When you reach your goal or have superior or poor performance to trainer, it will show ahead or behind distance to you.

4.8 To perform Triathlon Training

GH-505 could be use on Triathlon competition; you could set running, biking, swimming training time/ speed on GH-505 to train yourself.

[MAIN MENU] > [GYM] > [MULTISPORT]



1. Press "Page button" to select MULTISPORT screen.

2. There are five multi sport could be chosen.

3. Set the training sport type as you want.

4. Choose filed number and set parameter for every sport type.

5. Click " START MULTISPORT" to start your training.

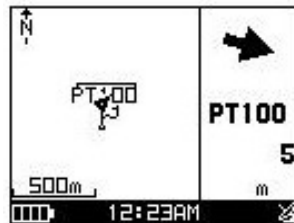
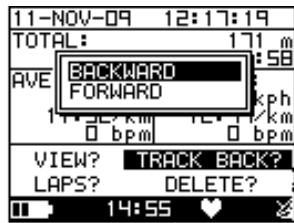
	<p>6. Training information is running.</p>
	<p>7. Keep pressing "Up button " for 2 seconds, the training will be on transition for clothes change purpose.</p>
	<p>8. Keep pressing "Up button" another 2 seconds, the training will go on next sport and then continue recording process.</p>

4.9 How to Use Smart Track Back

To use track can guide you go back along your training record and make you never get lost.

[MAIN MENU] > [ACTIVITY] > [ACTIVITY INFO]

	<p>1. You will see all data you saved, press "Enter button" to enter.</p>
	<p>2. Click "TRACK BACK?" and then press "Enter button".</p>
	<p>3. Chose "Backward" or "Forward" to start your track back.</p>



4. The screen will show map
5. Press "Page button" display the distance and time for you to reach destination on the right part of screen. The direction of destination waypoint is shown by the arrow sign of the compass.

4.9 Bibliography

Item	Description
ALTIUDE	Current altitude
ALTI MAX	The highest altitude
ALTI MIN	The lowest altitude
CADENCE	Bicycle cadence which calculates rotation speed (rpm)
CAD AVG	The average cadence
CAD INZN	Cadence zone
CALORIES	shows how many calories you have burned
CAL RATE	Burn calories per hour
HR	Instant heart rate information
HR AVG	Average heart rate information
HR INZN	Heart rate zone
HR MAX	The max hear rate information
LAPS	Lap counts
LAP DIST	Lap distance
LAP PACE	The average pace for the last lap
LAP SPEED	The average speed for the last lap

LAP TIME	The time spent for the last lap
PACE	the time needed for one mile or one km
PACE AVG	Average pace
PACE BEST	The fastest pace
PACE 1K	The time needed for the past 1 km
PACE INZN	Pace zone
SPEED	Instant speed
SPEED AVG	The average speed.
SPEED MAX	Max speed
SPEED INZN	Speed zone
TIME	Time
DISTANCE	shows how far you have trained
Asc SPEED	Ascending speed
CUMULATE +	Raise accumulative altitude
CUMULATE -	Falling accumulative altitude
REST DIST	The rest of distance to go
REST TIME	The rest of time to go
Time of Day	Shows date, time and week day.

5. Menu Structure - Main Menu

This diagram presents all the available menu options for your quick look up.

ACTIVITY	ACTIVITY INFO	TRAINING INFO	
		MULTISPORT INFO	
	ACTIVITY SETTING	AUTO HOLD	
		ALERTS	TIME/DIST ALERT
			SPEED/PACE ALERT
			HEART RATE ALERT
			CADENCE ALERT
			POWER ALERT
		CALORIES SETTING	SPORT TYPE
			TRANING LEVEL
			EXTRA WEIGHT
		LAP SETTING	LAP DISTANCE
	ALERTS		
DATA RECORDING			
DELETE ALL			

	MEMORY CAPACITY			
GYM	TRAINER	DIST / TIME		
		DIST / SPEED		
		SPEED / TIME		
	MULTISPORT			
NAVIGATION	ADD MAP MODE / REMOVE MAP MODE			
	ROUTES	CREATE NEW		
		LIST ALL		
		DELETE ALL		
	SAVE WAYPOINT			
	FIND WAYPOINT	LIST ALL		
		DELETE ALL		
	RETURN TO START / STOP GOTO			
CONNECT TO PC				
CONFIGURATION	USER PROFILE			
	SET CUSTOM PAGE	SET PAGE 1		
		SET PAGE 2		
		SET PAGE 3		
		SET PAGE 4		
		SET LAP PAGE		
	WATCH SETTINGS	BEPPER		
		WATCH MODE		
		DISPLAY		
		TIME SETTINGS		
		ALARM		
	ACCESSORIES	SENSORS		
		CARDIO SETTING		
		BIKE SETTING	BIKE	
			WEIGHT	
	WHEEL SIZE			
	GPS SETTINGS	WAAS / EGNOS		
		GPS		
		GPS INFO		
	FACTORY RESET			
	SYSTEM UPGRADE			
	ABOUT PRODUCT			

6. Activity

6.1 Activity Info

6.1.1 Training Info

[MAIN MENU] > [ACTIVITY] > [ACTIVITY INFO]

1. Use Up and Down button to scroll to the item you wish to display and press "Enter button".
The all training data information will display:
2. Use Up and Down to select the file you wish to check and press "Enter button, the training data information is shown on the screen.

DAYS	LAPS
07-DEC 06:17:36AM	1
07-DEC 06:14:30AM	2
19-NOV 10:42:43PM	1
19-NOV 10:38:47PM	1
00:03:11	291 m
5.46k/h	10:59/km
11Cal	0bpm
05:35AM	

Information items are displayed:

- Date and Time.
- Total distance of this training.
- Total calories you have burned.
- Total time of this training.
- Average speed of this training.
- Fastest speed of this training.
- VIEW? Display this training data on the screen.
- TRACK BACK? You can track back to the BEGIN point or END point of this training route.
- LAPS? View the LAP details on map mode.
- DELETE? You can delete this training data.

07-DEC-09	06:17:36AM
TOTAL:	291 m
11Cal	00:03:11
AVERAGE:	FASTEST:
5.46kph	7.14kph
10:59/km	08:24/km
0 bpm	0 bpm
VIEW?	TRACK BACK?
LAPS?	DELETE?
05:33AM	

6.1.2 Multi-sport Info

[MAIN MENU] > [ACTIVITY] > [MULTISPORT INFO]

After you set the multisport information on [MAIN MENU] > [GYM] > [MULTISPORT] and then all multisport information will show on this page

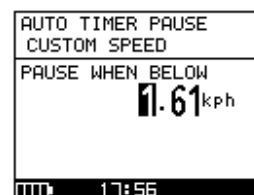
DAYS	LAPS
19-NOV 15:27:38	1
00:25:43	3.572km
8.33k/h	07:12/km
248Cal	109bpm
17:11	

6.2 Activity Setting

6.2.1 Auto Hold

[MAIN MENU] > [ACTIVITY] > [ACTIVITY SETTING] > [AUTO HOLD]

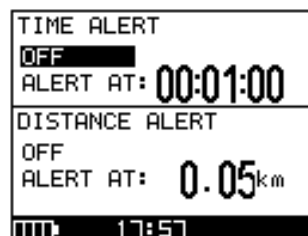
1. The Auto Hold function allows you to pause the timer automatically when you stop moving or your speed falls below a certain value.
2. When the timer is paused, the data is not recorded. Thus the average speed and calories calculation could be more accurate.



6.2.2-1 Alerts - Time / Distance Alert

[MAIN MENU] > [ACTIVITY] > [ACTIVITY SETTING] > [ALERTS] > [TIME/DIST ALERT]

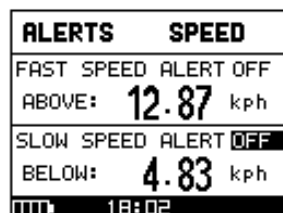
1. Use Up and Down button to select the item and press OK to modify it.
2. You can set the alarm to sound once when the specified time is reached, or repeat to sound on every specified time, or turn it off.
3. You can set the alarm to sound once when you reached the specified distance, or repeat to sound on every specified distance, or turn it off.



6.2.2-2 Alerts - Speed / Pace Alert

[MAIN MENU] > [ACTIVITY] > [ACTIVITY SETTING] > [ALERTS] > [SPEED / PACE ALERT]

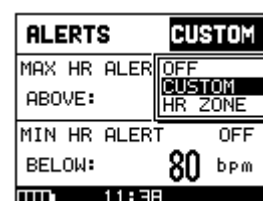
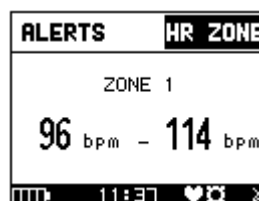
1. Use Up and Down button to select the item and press OK to modify it.
2. You can set the alarm to sound when your speed or pace is above or below a specified value.



6.2.2-3 Alerts - Heart Rate Alert

[MAIN MENU] > [ACTIVITY] > [ACTIVITY SETTING] > [ALERTS] > [HEART RATE ALERT]

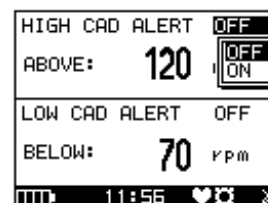
1. Use Up and Down button to select the item and press OK to modify it.
2. You can set the alarm to sound when your HR ZONE / CUSTOM setting is above or below a specified value or OFF alarm.



6.2.2-4 Alerts – Cadence Alert

[MAIN MENU] > [ACTIVITY] > [ACTIVITY SETTING] > [ALERTS] > [CADENCE ALERT]

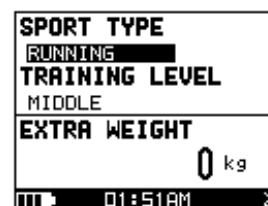
1. Use Up and Down button to select the item and press OK to modify it.
2. You can set the alarm to sound on or off when your cadence is above or below a specified value.



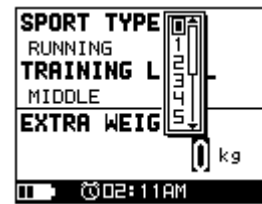
6.2.3 Calories Setting

[MAIN MENU] > [ACTIVITY] > [ACTIVITY SETTING] > [CALORIES SETTING]

1. Select sport type from "Walking", "Hiking", "Running", "Biking" or "By Time" by press UP and Down button.
2. Select training level depend on your sport type, the default setting is Middle.



3. Confirm the extra weight you carry and then input to EXTRA WEIGHT item.
4. System will calculate the calories consumption depending on the specified sport type.



6.2.4 Set LAP Setting

[MAIN MENU] > [ACTIVITY] > [ACTIVITY SETTING] > [LAP SETTING]

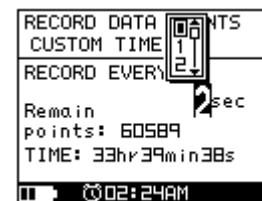
1. You can select LAP trigger "by Distance" or "by Time"



6.2.5 Data Recording

[MAIN MENU] > [ACTIVITY] > [ACTIVITY SETTING] > [DATA RECORDING]

1. System is default to record one point for every second. This will create the most accurate record for your training activity. However, you can set a different interval to record the points.
2. Set the longer interval means less data in a fixed period of time. But you can use the device for a longer time.



6.3 Delete All

[MAIN MENU] > [ACTIVITY] > [DELETE ALL]

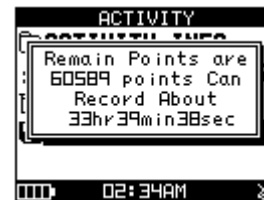
You can delete all the training data stored in the device.



6.4 Memory Capacity

[MAIN MENU] > [ACTIVITY] > [MEMORY CAPACITY]

You will see how many points left and the remaining time you can use. The remaining time depends on the period of your record setting.



7. Gym

7.1 Trainer

7.1.1 Dist / Time

[MAIN MENU] > [ACTIVITY] > [GYM] > [DIST/TIME]

Set distance for 3 km and time for 15 minutes which means the virtual trainer will finish 3km within 15 minutes to compete with you.

1. You could change DIST / TIME to set up your goal.
2. Finished setting, press "Up or Down button" to select "Start" and then press "Enter button" to start.
3. ENABLE ALERT ? you can select YES or NO to



give you a alert.



4. DO YOU RECORD RUNNING DATE ? If select YES the chronograph will start to record your training.



5. When you reach your goal or have superior or poor performance to trainer, it will show good job / do harder next time



6. If you have superior or poor performance to trainer, it will show ahead or behind distance to you.

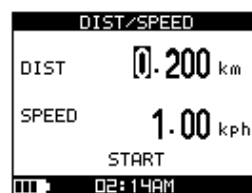


7.1.2 Dist / Speed

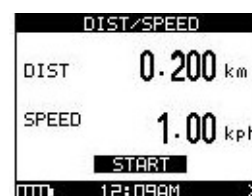
[MAIN MENU] > [ACTIVITY > [GYM] > [DIST/SPEED]

Set distance for 0.2 km and speed for 1 km/hr which means you have to keep your speed over 11km/hr.

1. You could change DIST / SPEED to set up your goal.



2. Finished setting, press "Up or Down button" to select "Start" and then press "Enter button" to start.



3. ENABLE ALERT ? you can select YES or NO to give you a alert.

4. DO YOU RECORD RUNNING DATE ? If select YES the chronograph will start to record your training.



5. When you reach your goal or have superior or poor performance to trainer, it will show ahead or behind distance to you.



7.1.3 Speed / Time

[MAIN MENU] > [ACTIVITY] > [GYM] > [SPEED/TIME]

Set speed 10km/hr and time 01:00:00 means you have to keep 10km/hr to training till 1 hour.

1. You could change SPEED / TIME to set up your goal.



2. Finished setting, press "Up or Down button" to select "Start" and then press "Enter button" to start.



3. ENABLE ALERT ? you can select YES or NO to give you a alert.



4. DO YOU RECORD RUNNING DATE ? If select YES the chronograph will start to record your training.



5. When you reach your goal or have superior or poor performance to trainer, it will show ahead or behind distance to you.



7.2 Multi sport

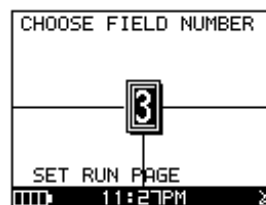
[MAIN MENU] > [ACTIVITY] > [GYM] > [MULTISPORT]

GH-505 could be use on Iron-man competition, you could set running, biking, swimming training time/ speed on GH-505 to train yourself.

1. Set the training sport type as you want



2. Choose filed number and set parameter for every sport type.



3. Click "START MULTISPORT" to start your training.



4. Training information is running.



- Keep pressing "Up button " for 2 seconds, the training will be on transition for clothes change purpose.



- Keep pressing "Up button" another 2 seconds, the training will go on next sport and then continue recording process.



8. Navigation

8.1 ADD MAP MODE / REMOVE MAP MODE

[MAIN MENU] > [NAVIGATION] > [ADD/REMOVE MAP MODE]

You can use this feature to display or not display the map mode. However, while the Map Mode is off, and you execute "Return to start" or "GOTO" a waypoint, the Map Mode will be turn on again.



8.2 Routes

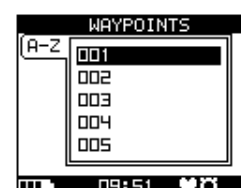
8.2.1 Create New

[MAIN MENU] > [NAVIGATION] > [ROUTES] > [CREATE NEW]

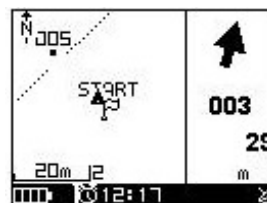
- You can add the waypoints to create your own route. Press OK button to insert a waypoint.



- Highlight a waypoint and press OK button for deleting this waypoint or insert another waypoint in above.



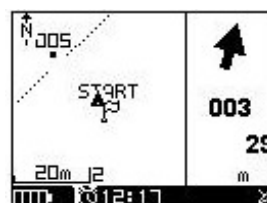
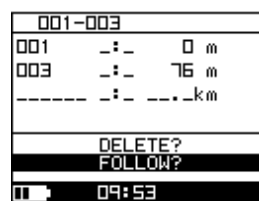
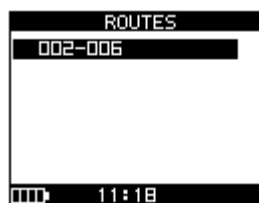
3. In the first line of the screen, you can edit the name of this route. When you are done with editing the route, press ESC button to save and exit.
4. Select "FOLLOW" to get training. It will guide you automatically. You may press "ENTER" or "ESC" to go next or last waypoint



8.2.2 List All

[MAIN MENU] > [NAVIGATION] > [ROUTES] > [LIST ALL]

1. Select the route you want to navigate, and select "FOLLOW?". You will be asked which point (start point or end point) to navigate. You will see your current position and destination point on the screen, and those nearby waypoints are also displayed. Press Up and Down button to zoom out and zoom in the map view. To press "ENTER" or "ESC" will go next or last waypoint.
2. Press PG button display the distance and time for you to reach destination on the right part of screen. The direction of destination waypoint is shown by the arrow sign of the compass.
3. If you want to stop the navigation, press [MAIN MENU] > [NAVIGATION] > [STOP ROUTE]. Select the route you want to delete, and select "DELETE?". This route will be deleted immediately.



8.2.3 Delete All

[MAIN MENU] > [NAVIGATION] > [ROUTES] > [DELETE ALL]

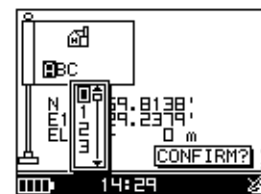
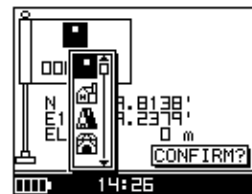
1. A confirmation dialog box will appear.
2. Use Up and Down button to highlight "YES" and press OK.
3. All routes data in memory will be deleted.



8.3 Save Waypoint

[MAIN MENU] > [NAVIGATION] > [SAVE WAYPOINT]

1. You can save the current position. If the GPS position is fixed, it shows the longitude, latitude and elevation on the screen.
2. Use Up and Down button to scroll to the item you wish to modify and then use the "Enter button" to select and confirm.
3. When you finish the modification, input a "enter sign" character or press the "Esc /Lap button" to exit.
4. Move highlight to "CONFIRM?" and press "Enter button". The location data will be stored in the memory



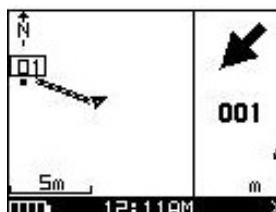
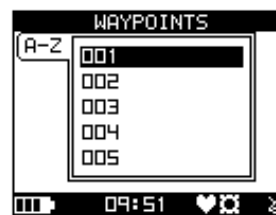
8.4 Find Waypoint

8.4.1 List All

[MAIN MENU] > [NAVIGATION] > [FIND WAYPOINT] > [LIST ALL]

1. Use Up and Down button to scroll to the Waypoint you wish to go to and press "Enter button".

2. Highlight "GOTO?" item and press "Enter button".
3. You will see your current position and destination point on the screen, and those nearby waypoints are also displayed.
4. Press "Page button" display the distance and time for you to reach destination on the right part of screen. The direction of destination waypoint is shown by the arrow sign of the compass.



8.4.2 Delete All

[MAIN MENU] > [NAVIGATION] > [FIND WAYPOINT] > [DELETE ALL]

1. A confirmation dialog box will appear.
2. Use Up and Down button to highlight "YES" and press OK.
3. All waypoints in memory will be deleted.



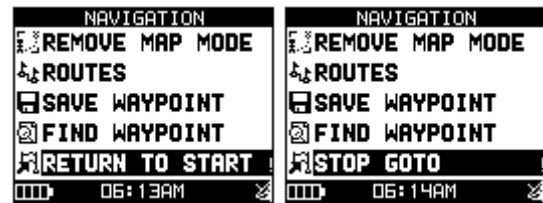
8.5 Return To Start /Stop GOTO

[MAIN MENU] > [NAVIGATION] > [RETURN TO START / STOP GOTO]

1. You can use this feature to navigate you back to the start point of the latest saved training data.
2. The navigation screen is shown and you can

follow the direction of arrow to go back to the start point.

3. If you want to stop the navigation, press [MAIN MENU] > [NAVIGATION] > [STOP GOTO].



9 Connect To PC

[MAIN MENU] > [CONNECT TO PC]

The Exercise Studio allows you to setup the pause, alarm and sport type for GH-625.

You can transfer the training data from GH-505 to your PC.



10 Configuration

10.1 User Profile

[MAIN MENU] > [CONFIGURATION] > [USER PROFILE]

1. You can input your personal information in the user profile.
2. The data fields include "username", "gender", "birth date", "weight" and "height".
3. The system will do the calories calculation base on the information you provide. Please input the correct value.



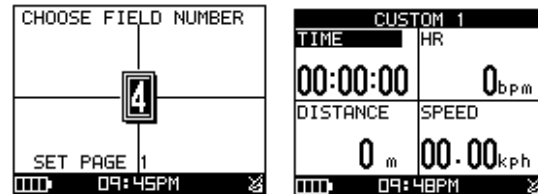
10.2 Set Custom Page

[MAIN MENU] > [CONFIGURATION] > [USER SETTINGS] > [SET CUSTOM PAGE]

1. Modify the screen field number.



2. There have five types of screen field could be choose for every page.



3. Select the function coefficient you want then press 'Enter button' to save setting.



10.3 Watch Settings

[MAIN MENU] > [CONFIGURATION] > [USER SETTINGS] > [WATCH SETTINGS]

Beeper

You can set beeper on or off



Watch Mode

● Stand By

There are two selections could be enter to watch mode by 5 ,10 MINUTES. It means watch mode will be entered after 5 or 10 minutes when system is stand by. OFF means always in operation mode.



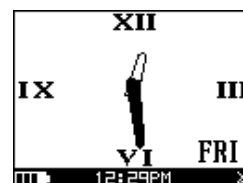
● Display Mode

You can set the watch display type for analog or digital.

1. Press Page button and Down button could exit watch mode
2. Press "Up button" and Page button" at the same time around 2 seconds. You can exit watch mode.
3. You may press" PAGE" + "DOWN" for 2 seconds to enter watch mode



Digital mode



Analog mode

Display

● Backlight

Set the backlight to stay on or automatically turn off after a period of time once you press Power button to activate the backlight.



● Language

There are 5 different languages of User Interface, including "English", "Spanish", "Italian", "French" and "Germany".



● Units

1. The measurement unit can be set as "statute" or "metric".
2. The speed unit can be set as Pace (min/m, min/K) or Speed (mph, kph).



Time Settings



- **Time Format**

1. Use Up and Down button to scroll to the item and press OK to modify it.
2. You can set the time to display in the 12 Hour or 24 hour format.



- **Time Zone**

1. Use Up and Down button to scroll to the item and press OK to modify it.
2. You can select your local time zone.



- **Daylight Saving**

1. Use Up and Down button to scroll to the item and press OK to modify it.
2. You can select the daylight saving if necessary, and then system will display the correct time for you.

Alarm

You can set the alarm clock for WEEKEND, WEEKDAY, DAILY...or OFF. And then set up the time you want clock to ring you.

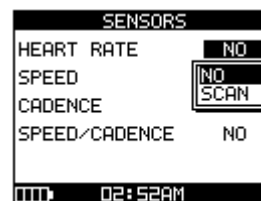


10.4 Accessories

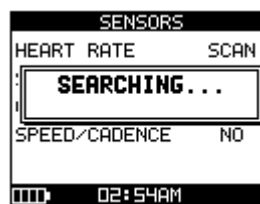
10.4.1 Sensors

[MAIN MENU] > [CONFIGURATION] > [USER SETTINGS] > [ACCESSORIES] > [SENSORS]

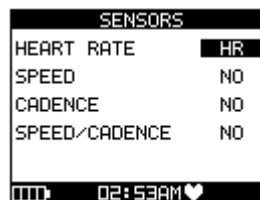
1. Use Up and Down button to scroll to the item and press Enter to scan it.



- When device scanning these four 2.4GHz sensor of training equipment. For training purpose, you have to save them after searched and scanned..



- Once device is connecting sensors, the display will show "OK" information to you.
- Followed up, the sensor will show HR/SP/CA/SC on the display, it means every sensor are connecting with GH-505 successfully.



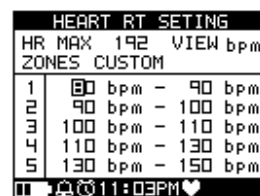
10.4.2 Cardio Setting

[MAIN MENU] > [CONFIGURATION] > [USER SETTINGS] > [ACCESSORIES] > [CARDIO SETTING]

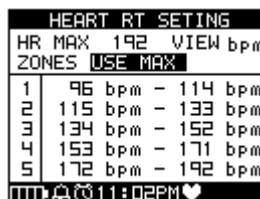
- You can select USE MAX or CUSTOM to set up your heart rate zone or guiding Max heart is calculated by 220-age.



- CUSTOM means you can set your own heart rate zone by yourself. You can select any percentage or bpm for viewing.



- CUSTOM means you can set your own heart rate zone by yourself.



10.4.3 Bike Setting

[MAIN MENU] > [CONFIGURATION] > [USER SETTINGS] > [ACCESSORIES] > [BIKE SETTING]

- You can set the bike weight and wheel size on this page.



10.5 GPS Settings

[MAIN MENU] > [CONFIGURATION] > [USER SETTINGS] > [GPS SETTINGS]

WAAS/EGNOS

You can turn on/off the "WAAS/EGNOS" feature.



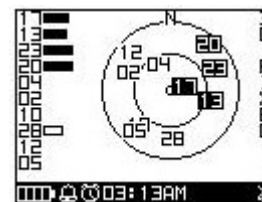
GPS

The GPS function can be turned off for saving battery power. If the battery power is pretty low, the system will also ask you if you want to turn off the GPS function.



GPS Info

Here you can see the positioning status of how many satellite signals are obtained and the signal strength.



10.6 Factory Reset

[MAIN MENU] > [CONFIGURATION] > [FACTORY RESET]

This feature allows you to restore the GH-505 back to factory default status. In another words, the training data, waypoint, and user profile will be earsed.



10.7 System Upgrade

[MAIN MENU] > [CONFIGURATION] > [SYSTEM UPGRADE]

1. Allow you to upgrade the firmware of GH-505.
2. If you want to cancel the upgrade process, press Power + ESC button at the same time.



10.8 About Product

[MAIN MENU] > [CONFIGURATION] > [ABOUT PRODUCT]

Display the firmware version information.

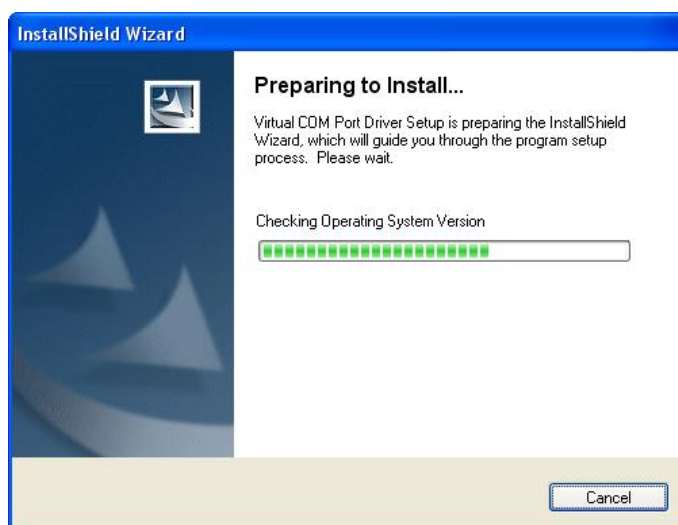


11. How To Install PC Software Application

11.1 Installing the USB driver

The USB driver is required to recognize your GH-505 via USB when it is connected to your PC.

1. Insert the CD into the CD-ROM drive, and the Auto-run will begin.
 2. Click on the "GS-Sport Training Gym Pro" to install driver to your PC.
 3. Follow the on-screen instructions to complete the installation.
- Step 1 : Use auto-run to install the USB driver or select the installation file from the CD-ROM

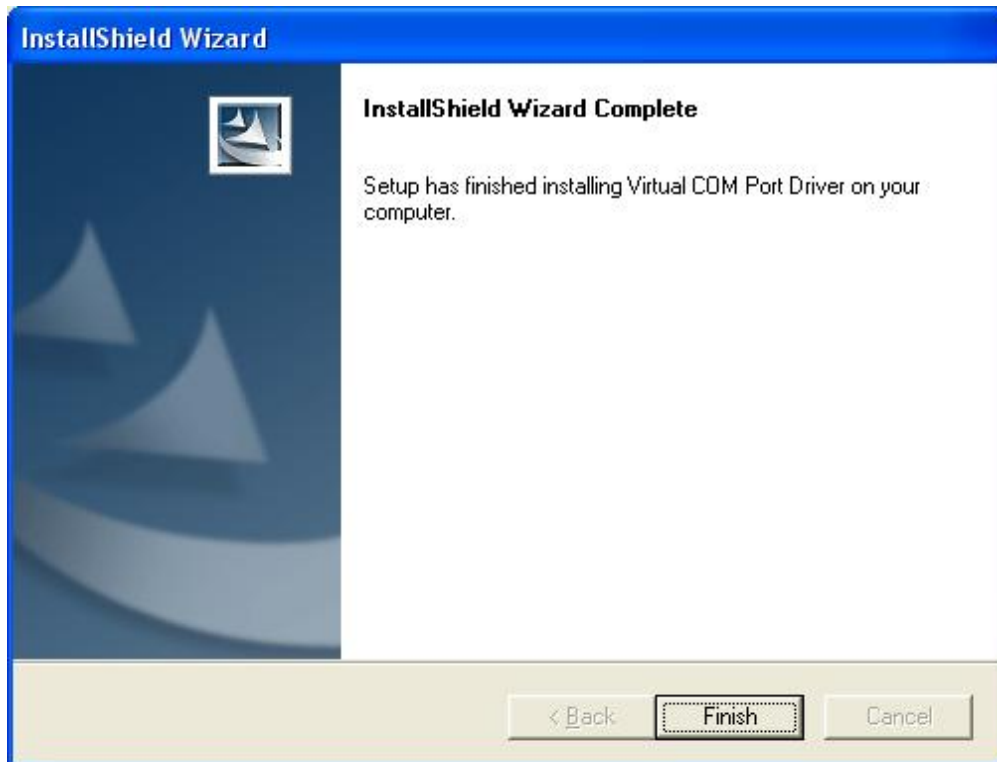


- Step 2: Connect the GH-505 device to your PC and follow the instructions below circled in red.

“Please, connect your device, the “Found New Hardware Wizard” window will pop up; cancel it to ignore automatic hardware installation.”



- Step 3: The USB driver installation has been accomplished.



To check Computer Management > Device Manager, you may see the STM Virtual COM port has been detected.

11.2 Installing the Training Gym Pro

- Install Framework v2.0 or above

To check the Microsoft Framework version in your system go to: "Control Panel > Add/Remove Programs"

Note: Originally, the Framework version in Windows XP SP2, SP3 and Vista or above should be version 2.0.

- Installing the GS-Sport Training Gym Pro

Use auto-run to install GS-Sport Training Gym Pro or select the installation file from the CD-ROM.

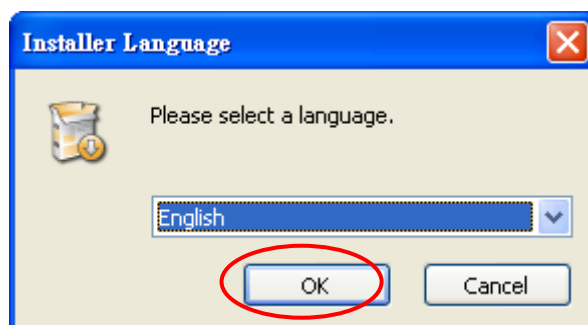
- Step 1: Click Setup.exe to install the Training Gym Pro.



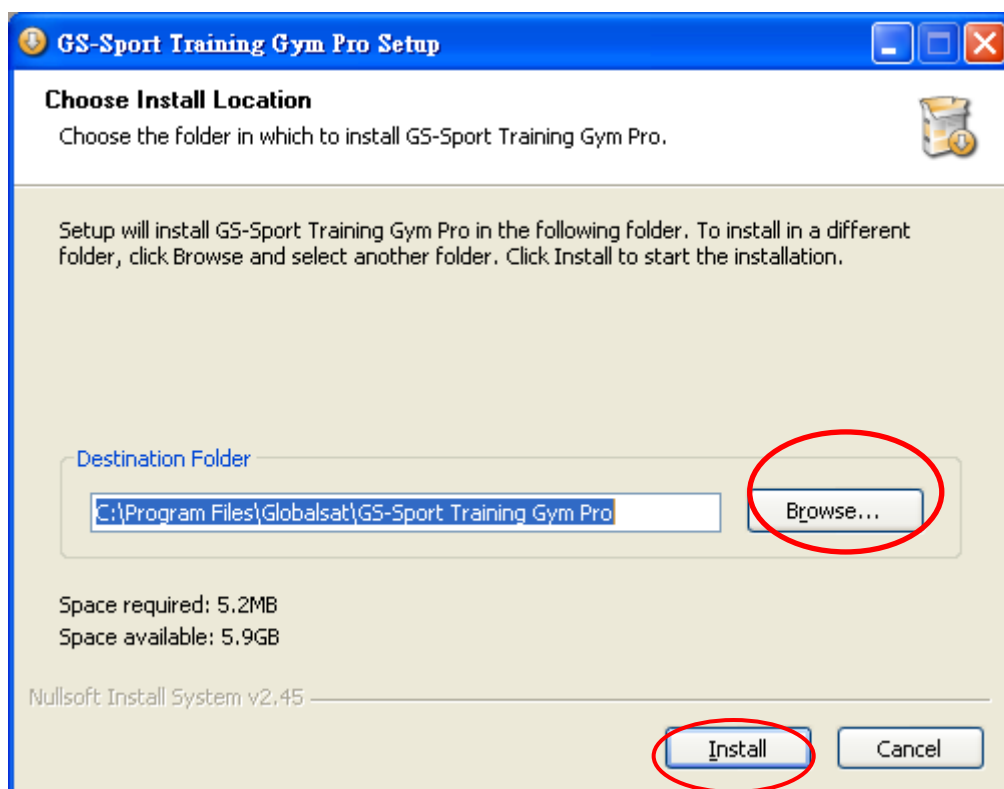
- Step 2 : Choose language



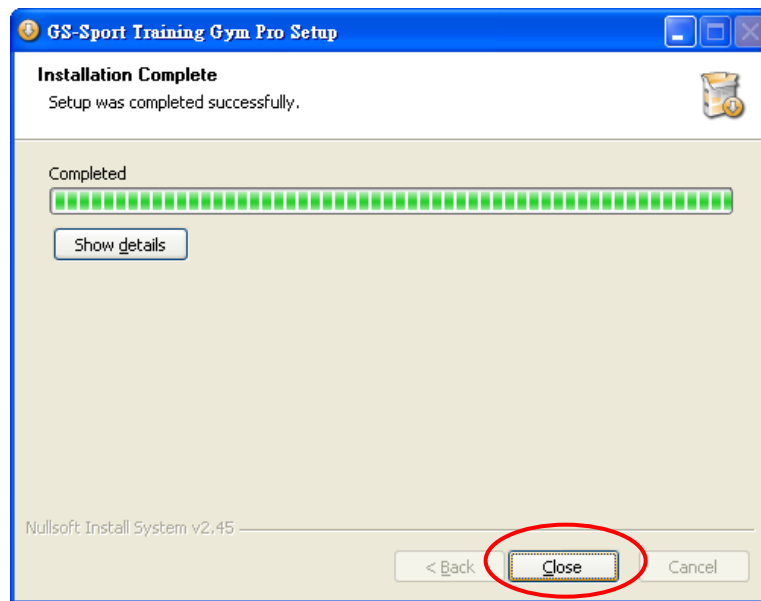
- Step 3 : Press "OK"



- Step 4 : Press "Install"



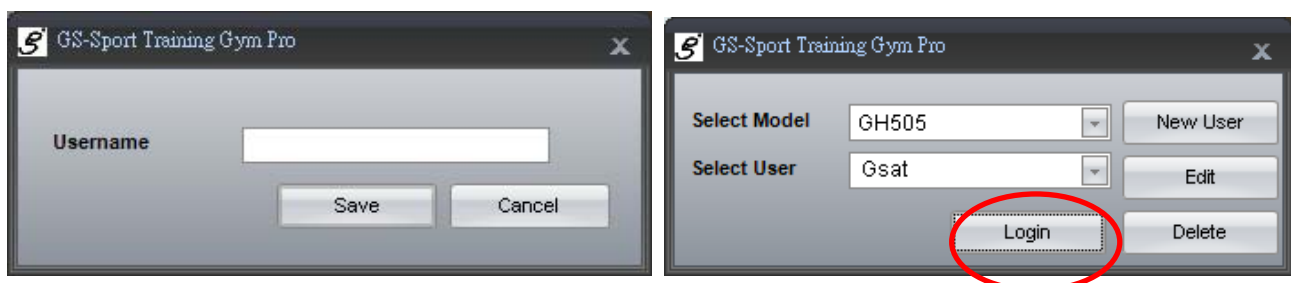
- Step 5: Installation process and press “close” to enter the Training Gym Pro application.



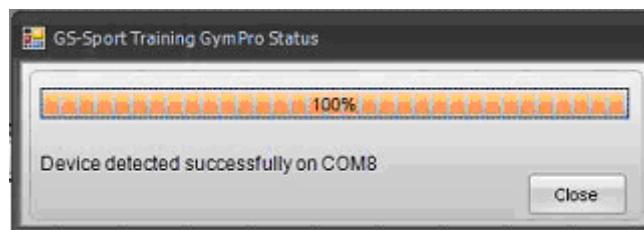
- Step 6 The software will execute and connect the database automatically.



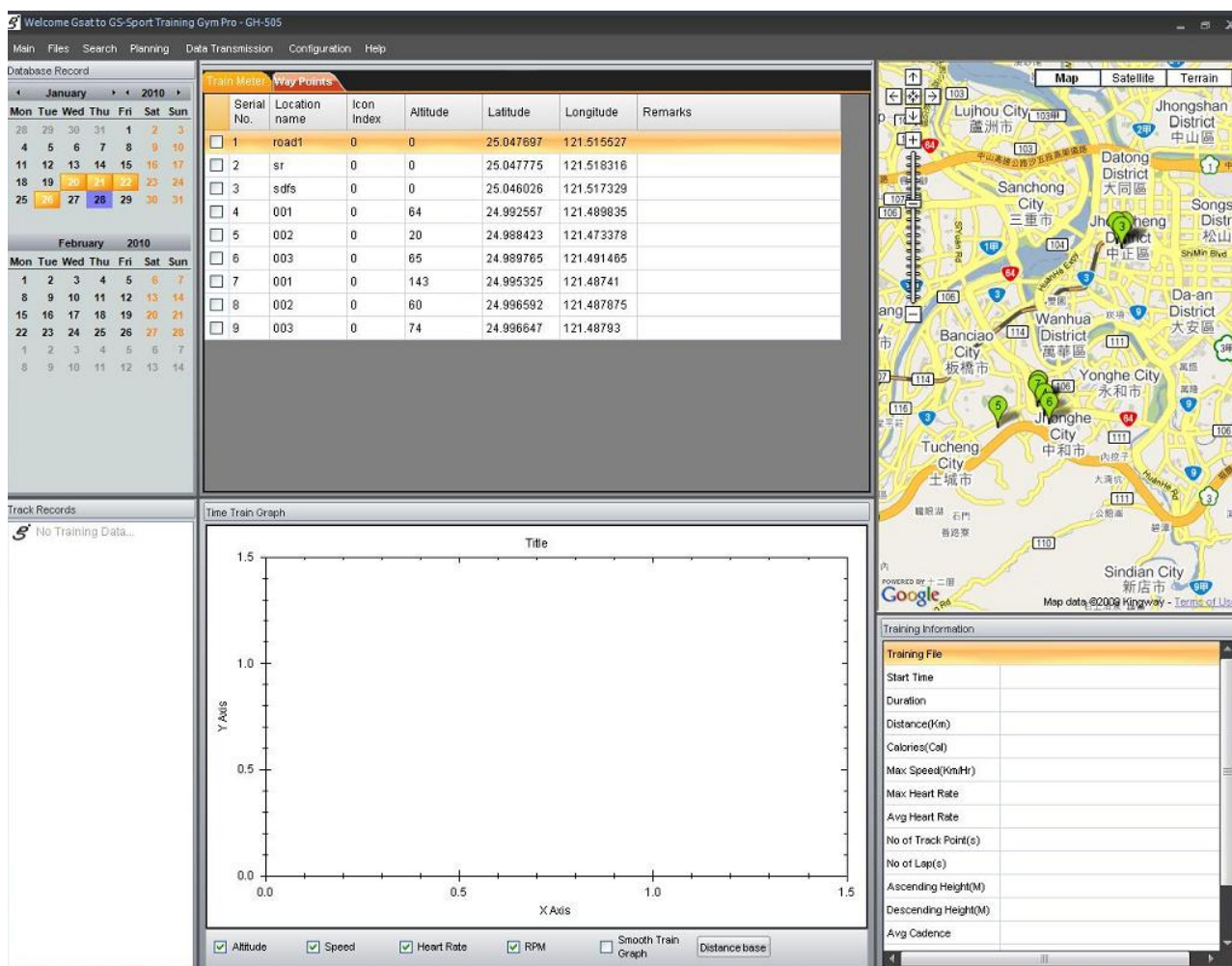
- Step 7: Create a user account and save it.



- Step 8 : The process bar will detect connection via the USB cable.(please connect usb cable and GH-505 before open the software for application detecting the com port)

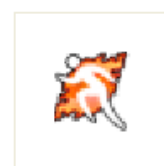


➤ Step 9: Start to experience GS-Sport Training Gym Pro application..



12. Running GS-Sport Training Gym Pro Application

You can run the GS-Sport Training Gym Pro by double clicking on the " GS-Sport Training Gym Pro " short-cut icon from desktop. Or go to **Start > All Programs > GlobalSat GS-Sport > GS-Sport Training Gym Pro.**



GS-Sport Training Gym Pro.exe

13. PC Software Application Introduction

13.1 System Requirement

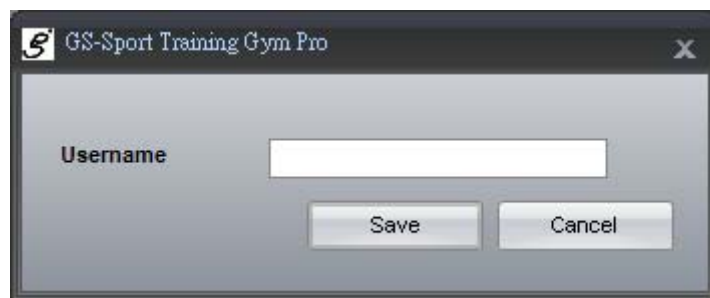
For better performance, the following system requirements are recommended for GS-Sport Training Gym Pro:

- CPU: Pentium III Processor or higher.
- At least 512 MB of RAM
- Windows XP or Vista
- Internet Explorer 6.0 or higher
- Framework 2.0 or higher

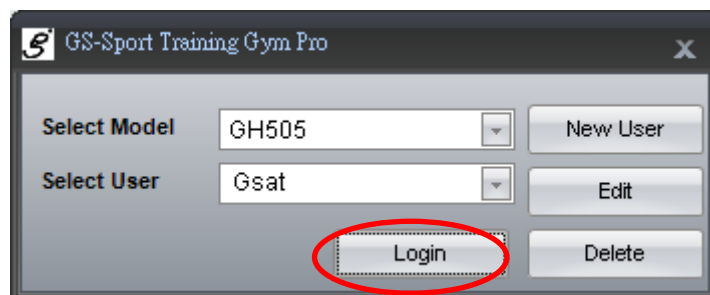
13.2 How to Login Software

13.2-1 Create a user name or log in the username which be created.

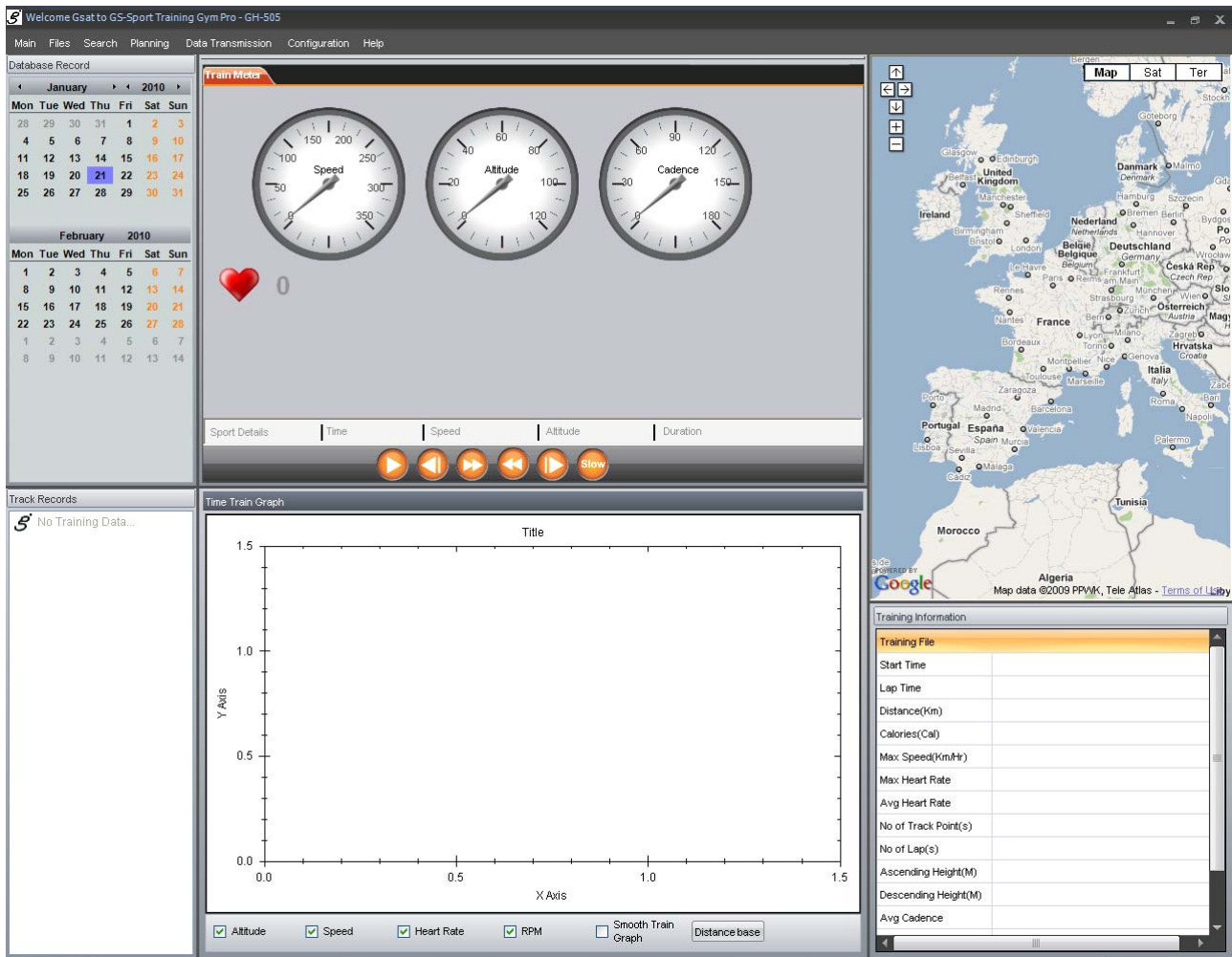
- You should have been prompted to create a user name when you installed the software



- Login



- GS-Sport Training Gym Pro software



Note:

1. You can create other user names to login and import backup database as well.
2. Please be sure that you are connected to the Internet before the software is opened

13.3 Section Description of Training Gym Pro

- Training database saved by calendar
- Training detail information
- Training data by diagram
- Software control Function
- Analysis tools, play meter
- Google Maps, Track point data, Waypoint Data
- Training data detail











13.4 Menu Structure of Training Gym Pro

Main	Import Activity	Import training data
	Export Activity	Export training data
	Capture Google Map	Capture current Google Map window as JPG or BMP format
	Show on Google Map	Show Training data on Google Map.
	Show on Google Earth	Show Training data on Google Earth. You can see the training data which be selected on google earth.
	Log out	Log out and use another username
	Exit	Exit Training Gym Pro software
Files	Open	Open file (support gpx , kml format)
	Save	Save file (support gpx , kml format))
	Export Database	Export travel information to Travelbook format.

Search Data	Search by Date	Search records from database by selecting “start date” and “End date”
	Search by Sport	Search records from database by selecting “start date” and “End date”
Data Transmission	Track Points	Download from device
		Upload from device
		Delete all from device
	Way Points	Download from device
		Upload from device
		Delete all from device
Configuration	Com port Setting	Device Com port setting
	Device Configuration	Edit or modify your device information.
	Firmware Upgrade	Upgrade the latest firmware
	Unit Exchange	Metric
		Mile system
		Nautical
	Language	English
		Chinese
		Spanish
		German
		Italian
		French
		Japanese
Help	About GS-Sport	GS-Sport introduction
	About US	The team information

13.5 Icon Definition

							
Single Sport Training	Multi Sport Training	Heart Rate Monitor	Sport Type : Biking	Sport Type : Walking	Sport Type : Running	Sport Type : Swimming	Sport Type : Others

14. PC Software Application

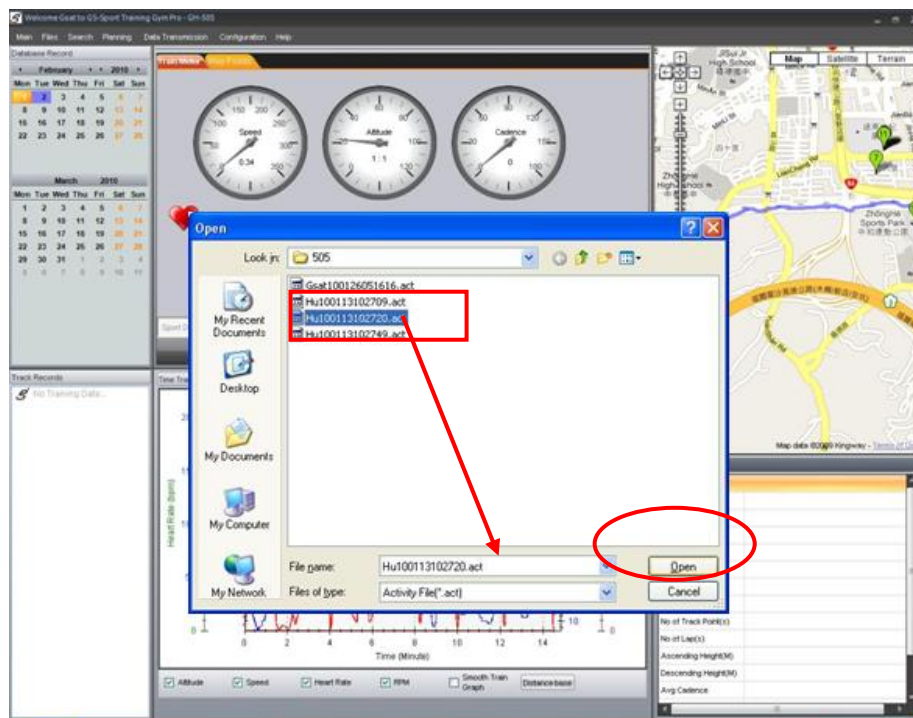
14.1 Main Menu

14.1-1 Import Activity

In GS-Sport Training Gym Pro, click [Main] > [Import Activity]

You can import any serial of GSsport Training Gym to Training Gym Pro software

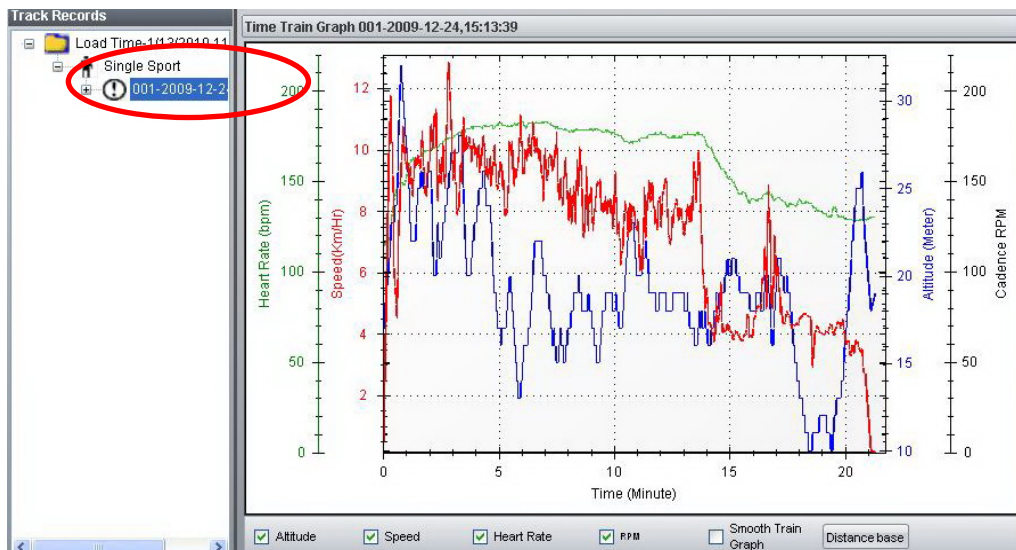
- Select the .act file of training data and then click "Open"



- Will pop a message when activity information be loaded successfully.



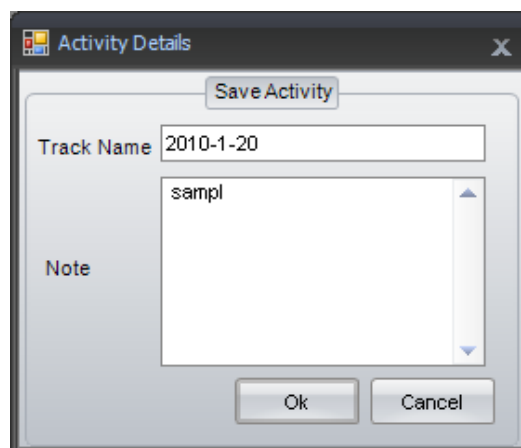
- The listed of loaded activity information showed on left bottom of column



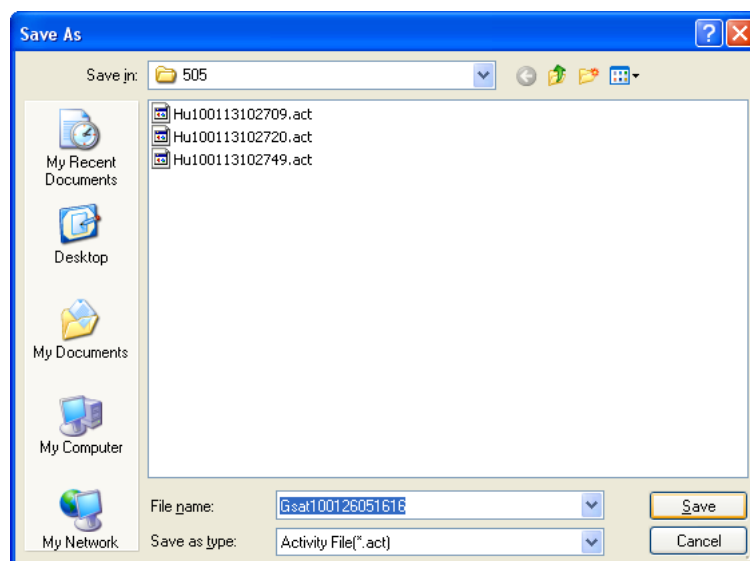
12.1-2 Export Activity

In GS-Sport Training Gym Pro, click [Main] > [Export Activity]

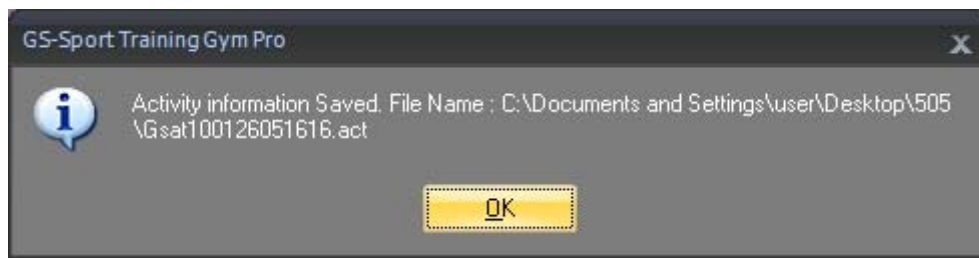
- Choose a training file you want to save name it on note column.



- To Save it.



- Will pop a message to let you know the file name and file be saved.



12.1-3 Capture Google Map

Capture current Google map window and save it as JPG format

12.1-4 Show on Google Map

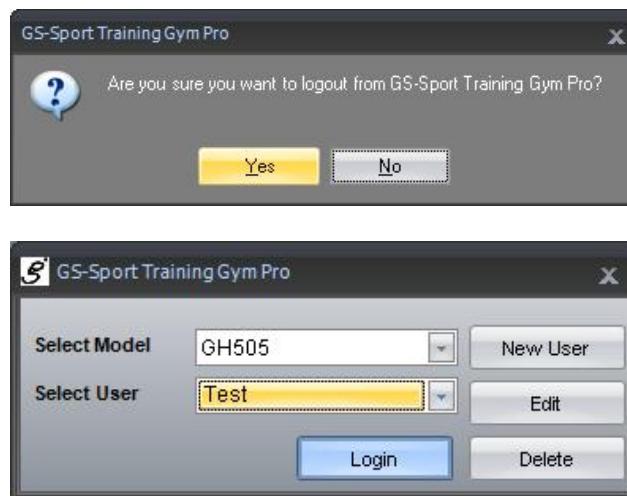
Show the trained information on Google map directly.

12.1-5 Show on Google Earth

Show the training data on Google earth directly(please download google earth in advance)

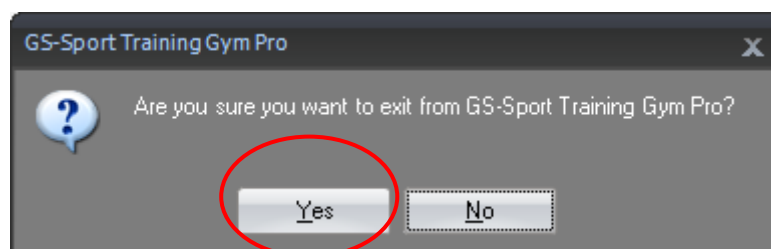
12.1-6 Log Out

You can log application out and change other username to login.



12.1-7 Exit

When you click the exit, system will exit the software.



12.2 File Menu

12.2-1 Open

Choose the several kind of log file you want to load into Training Gym Pro software besides, it supports KML, GPX, CSV, NMEA, TXT format.

12.2-1 Save

Choose the file from data base you want to save it. Right now it supports KML, GPX, CSV, NMEA, TXT format.

12.3 Search Menu

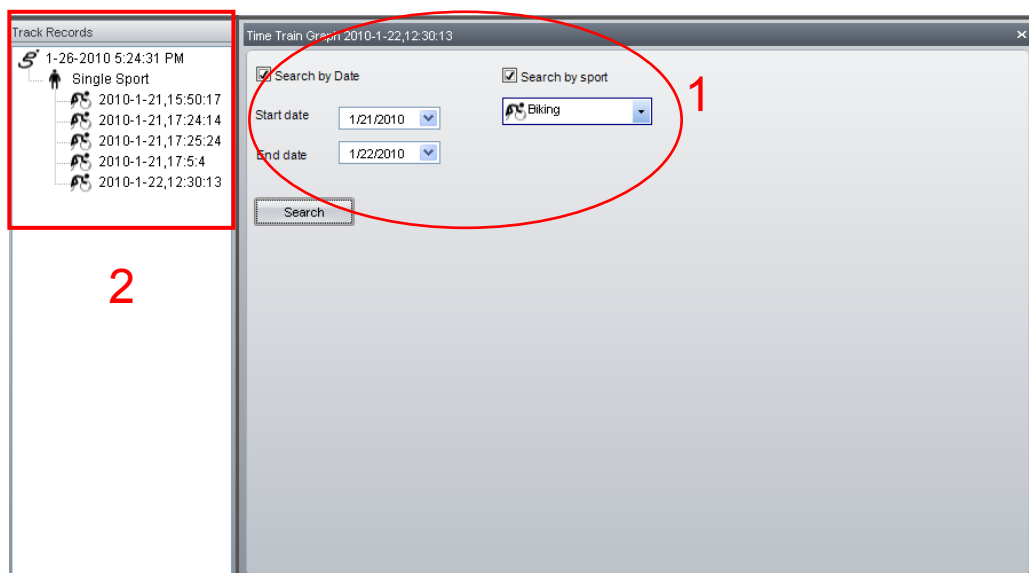
12.3-1 Search by date

Check "search by date" and select the period of date to get completely training information.

12.3-2 Search by sport type

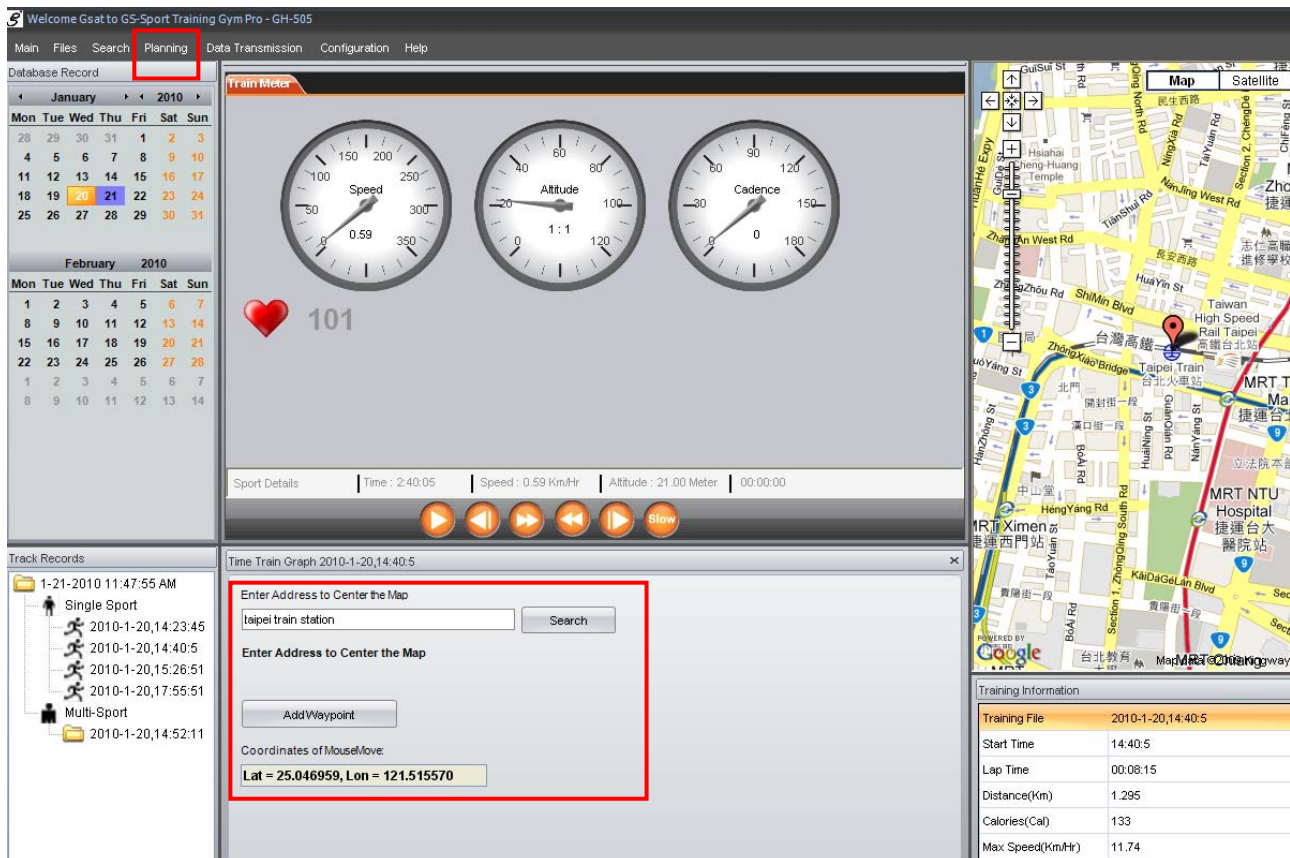
You can seek the sport you interest by search by sport types

- Check "Search by date" & "Search by sport" at the same time, the completely training information will still show on the left bottom of column..

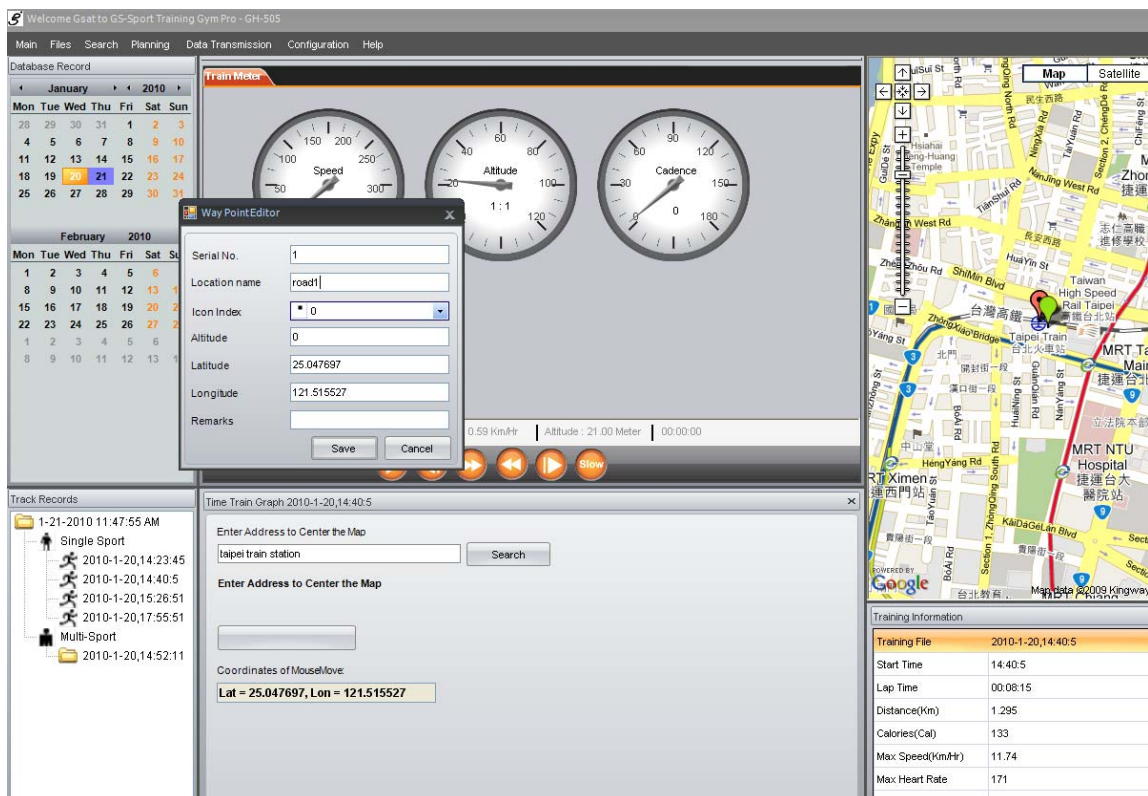


12.4 Planning Menu

- You can plan your waypoints or finding somewhere through Planning Menu.
- Please enter a address or a name then press search



- Add the waypoint on Google map then name it (limitation 6 characters) and save it. And The map will show every waypoint you just added.

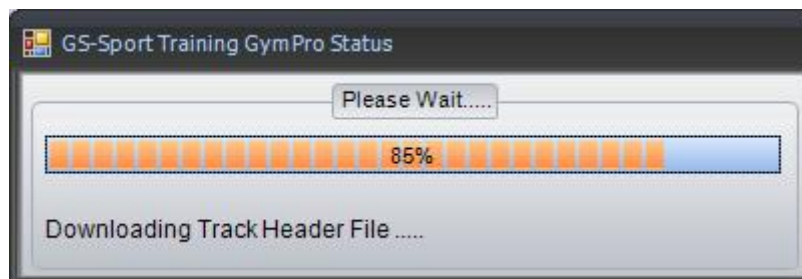


12.5 Data Transmission Menu

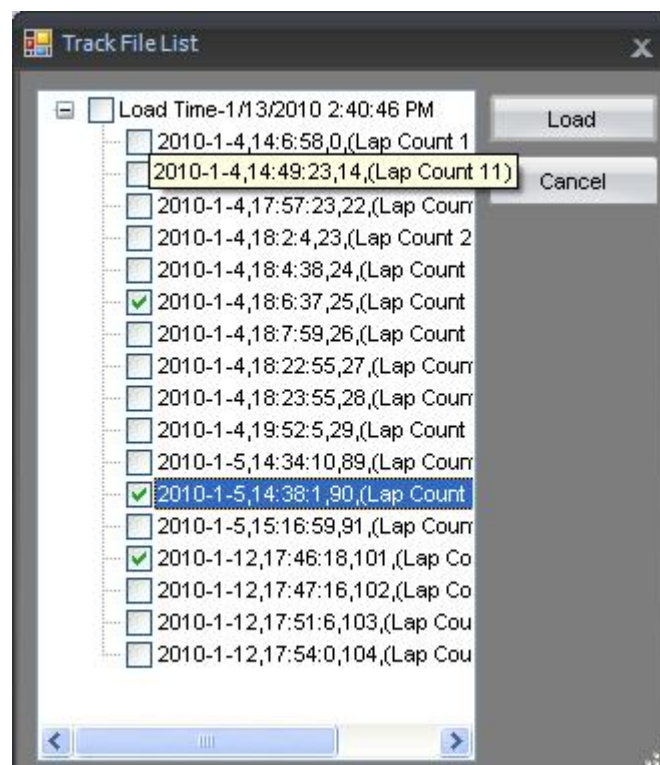
12.5-1 Track Point

12.5-1.1 Download from device

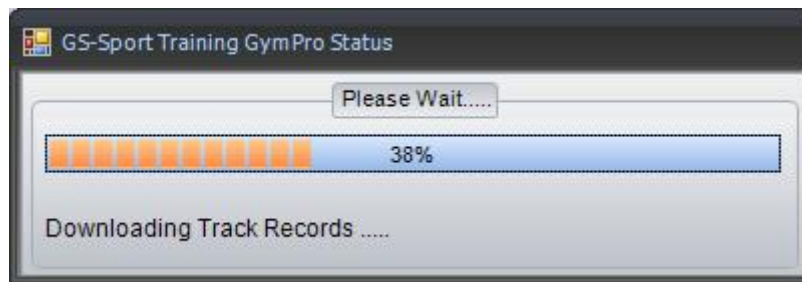
- When you click [Data Transmission] > [Track Point] > [Download from device], the system will search GH-505 device and the progress bar shows as below



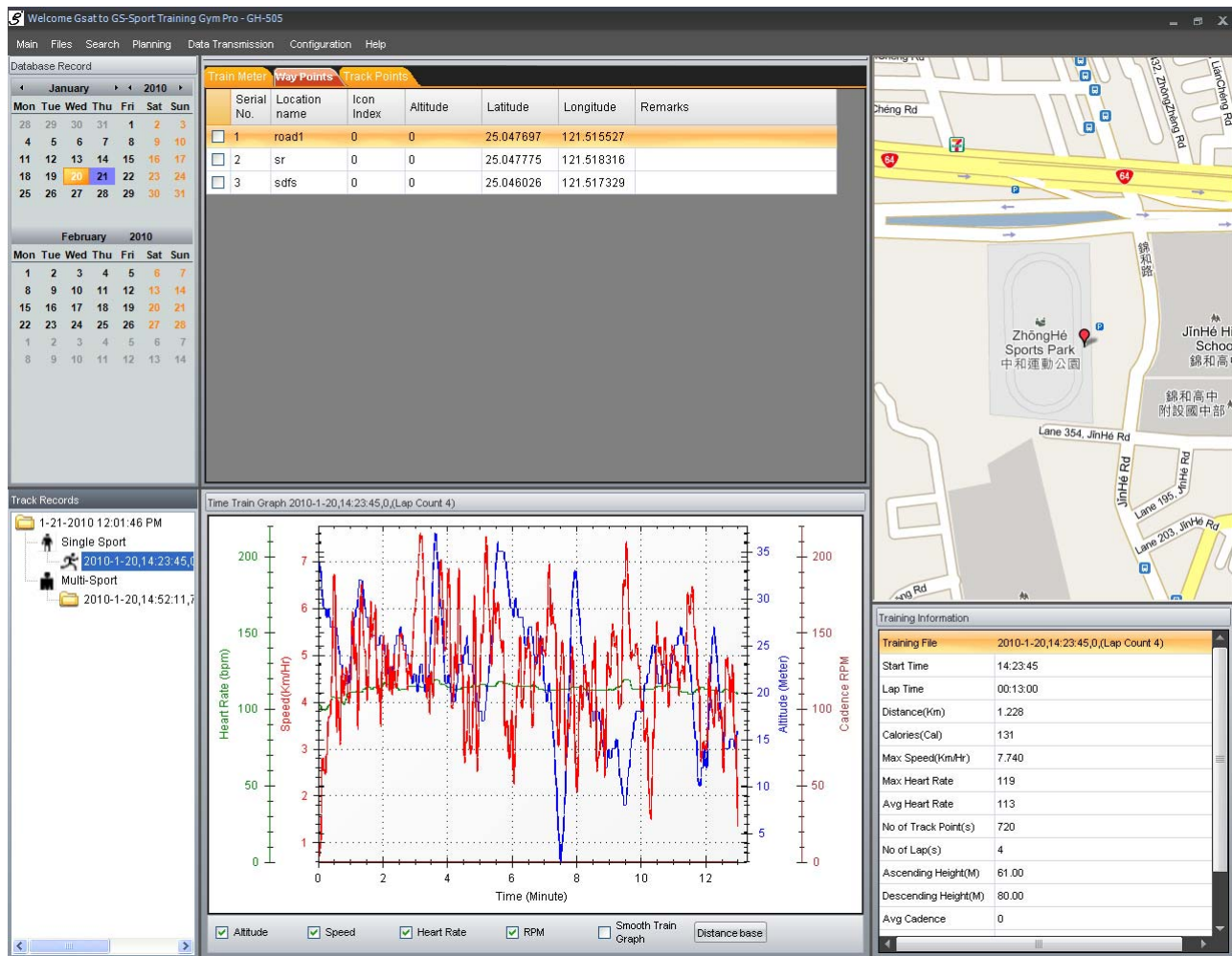
- All list of training data will show.



- Download training data progressing bar



- Training data and statistics will show on left column after downloaded from device

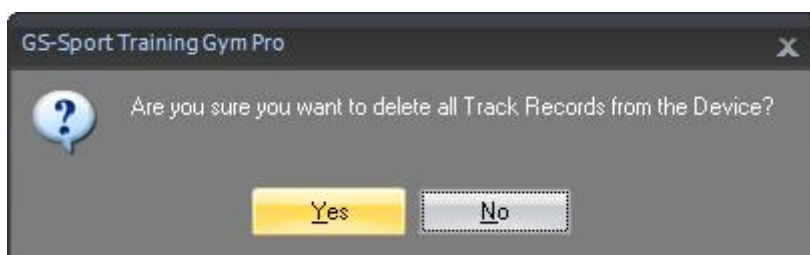


12.5-1.2 Upload to device

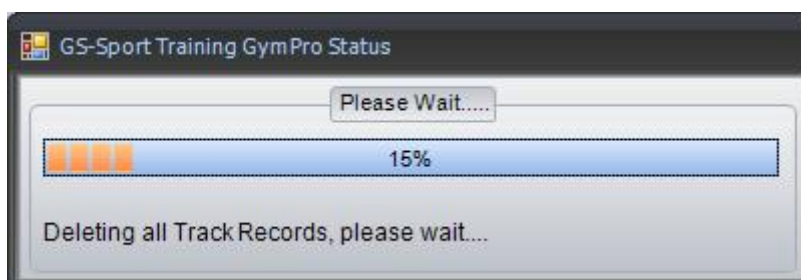
- You can click [Data Transmission] > [Track Point] > [Upload to device] to select your specific file to transfer to device.

12.5-1.3 Delete all from device

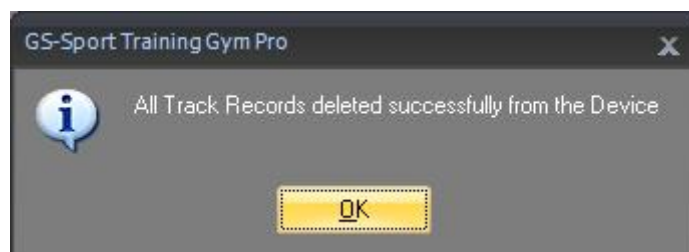
- When you click [Data Transmission] > [Track Point] > [Delete all from device] will pop a message to double confirm as are you sure you want to delete all Track Record from device. Click "Yes"



- Start to delete all data from device



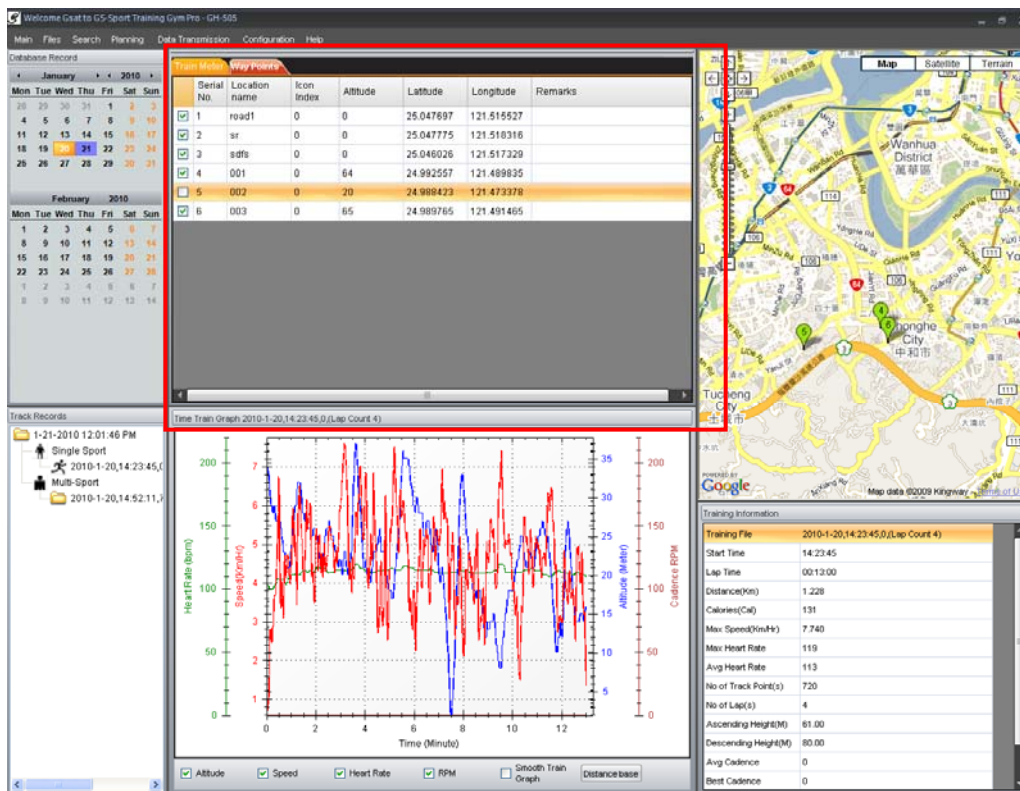
- All Track Records deleted successfully from the device.



12.5-2 Waypoint

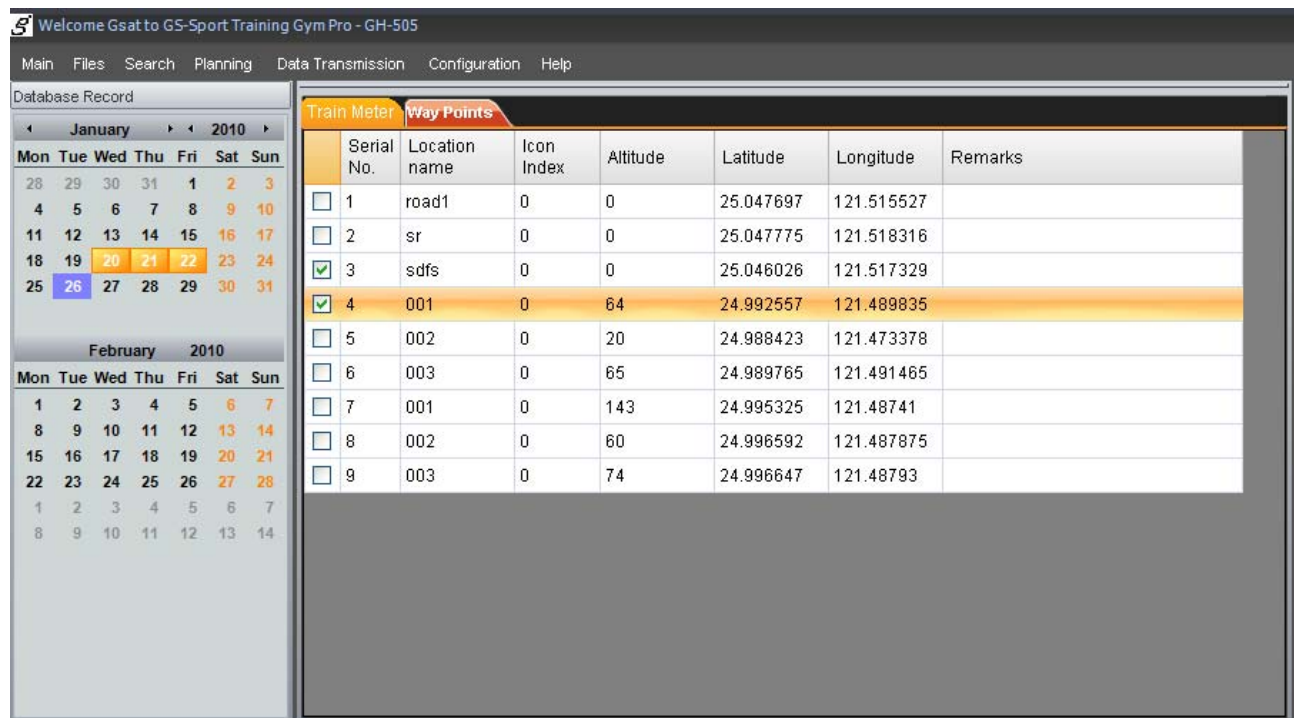
12.5-2.1 Download from device

- You can click [Data Transmission] > [Waypoint] > [Download from device], to download waypoints from device to PC Software.
- All list of waypoint will transmitting directly and show on the top column.

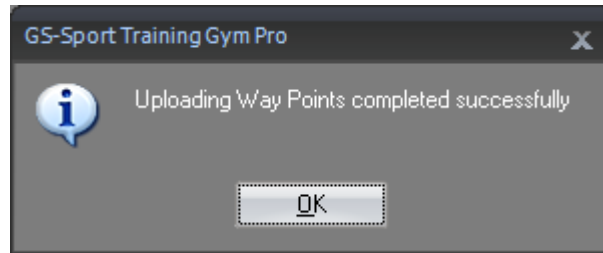


12.5-2.1 Upload to device

- You can click [Data Transmission] > [Waypoint] > [Upload to Device] to transfer waypoints from PC Software to device.
- Select the waypoint you want to transmit to device.



- Uploading waypoint completed successfully when finished.



12.5-2.1 Delete all from device

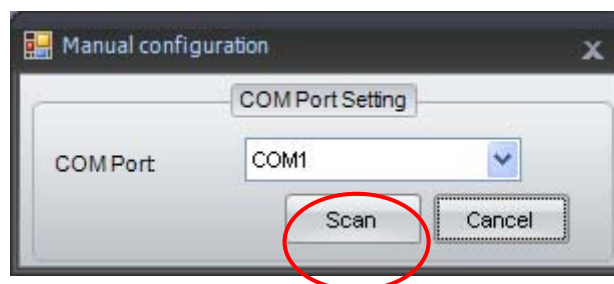
- You can click [Data Transmission] > [Waypoint] > [Delete all from device] to delete the all waypoints of device.

12.6 Configuration Menu

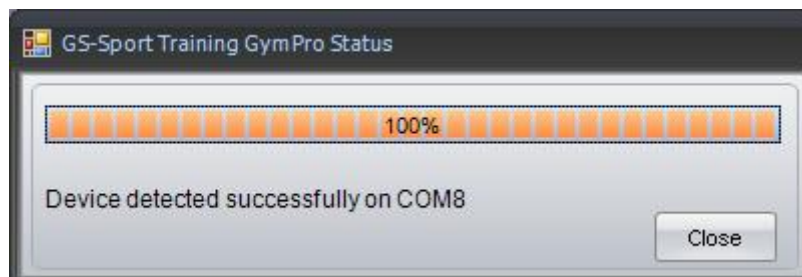
12.6-1 Com Port Setting

You can scan COM port to build synchronization between device and computer.

- Please scan the comport before your start uploading or download data to device

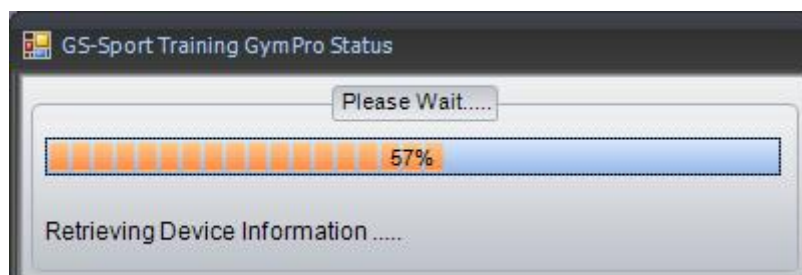


- Comport scan finished



12.6-2 Device Configuration

- The application will retrieve device information and all configurations. And you also can configure them. You can save the configuration as a log file or direct to configure device.



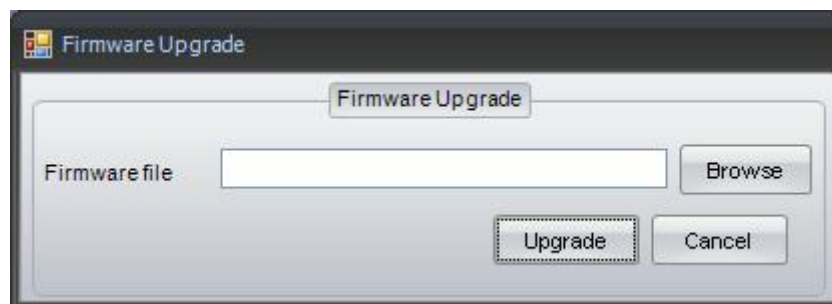
Configuration : You can set user profile, custom page and watch setting of device.

Activity Setting You can set the training parameters like: alert ,calories, lap setting and data recording of device.

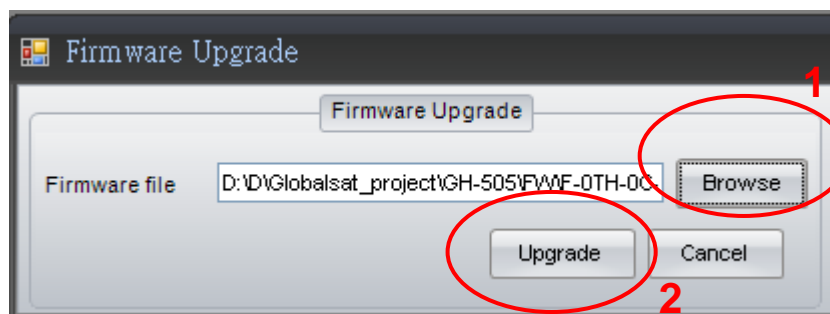
Mulit Sport You can set the parameters of muti-sport of device.

12.6-3 Firmware Upgrade

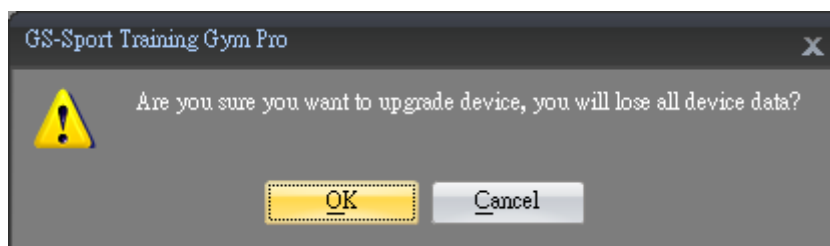
You can update your firmware of device by using this item.



- Click "Browse" to select the latest firmware file (*.ghd) to upgrade.



- Are you sure you want to upgrade device, you will lose all device data? Click "OK"
(Before you upgrade firmware please remember to store them)



12.6-4 Unit Exchange

There are three measurement units for selection. (Metric, Mile system, Nautical)

12.6-5 Language

There are English, Chinese, Spanish, German, Italian, French and Japanese languages for selection. Once you chose a language, the Training Gym Pro will change accordingly.

12.7 Help Menu

12.7-1 About GS-Sport

You will see the version of Training Gym Pro.



12.7-2 About Us

Will connect to GS-Sport website directly: www.gs-sport.com.tw

13. Troubleshooting & FAQ

1. Why can't GH-505 receive heart rate signal?

Solution:

- (1). Check if you correctly wear the heart rate monitor or not.

- (2). Check if you paring belt correctly.
- (3). If it is still not working, check the battery of Heart Rate monitor.

2. Why does it show “PC com port error” when I download data?

Solution:

- (1). Please check if the USB driver is installed or not.
- (2). Connect GH-505 to your PC with the USB cable.
- (3). Double click the “GS-Sport Training GYM Pro” icon from desktop to start the application.
- (4). From menu bar click “Configurations”, and click “Scan COM Port” button.
COM port will be automatically scanned.

3. How do I backup the data base from Training Gym Pro?

Solution:

Right Now Training Gym Pro uses XML data base system. It is easy to get the data base. You can find it in :

C:\Program Files\GlobalSat Technology\GS-Sport Training Gym Pro\Data

And copy the folders and then uninstall the Training Gym Pro.

FCC Notices

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

FCC RF Exposure requirements:

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

NOTE: THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USER’S AUTHORITY TO OPERATE THE EQUIPMENT.